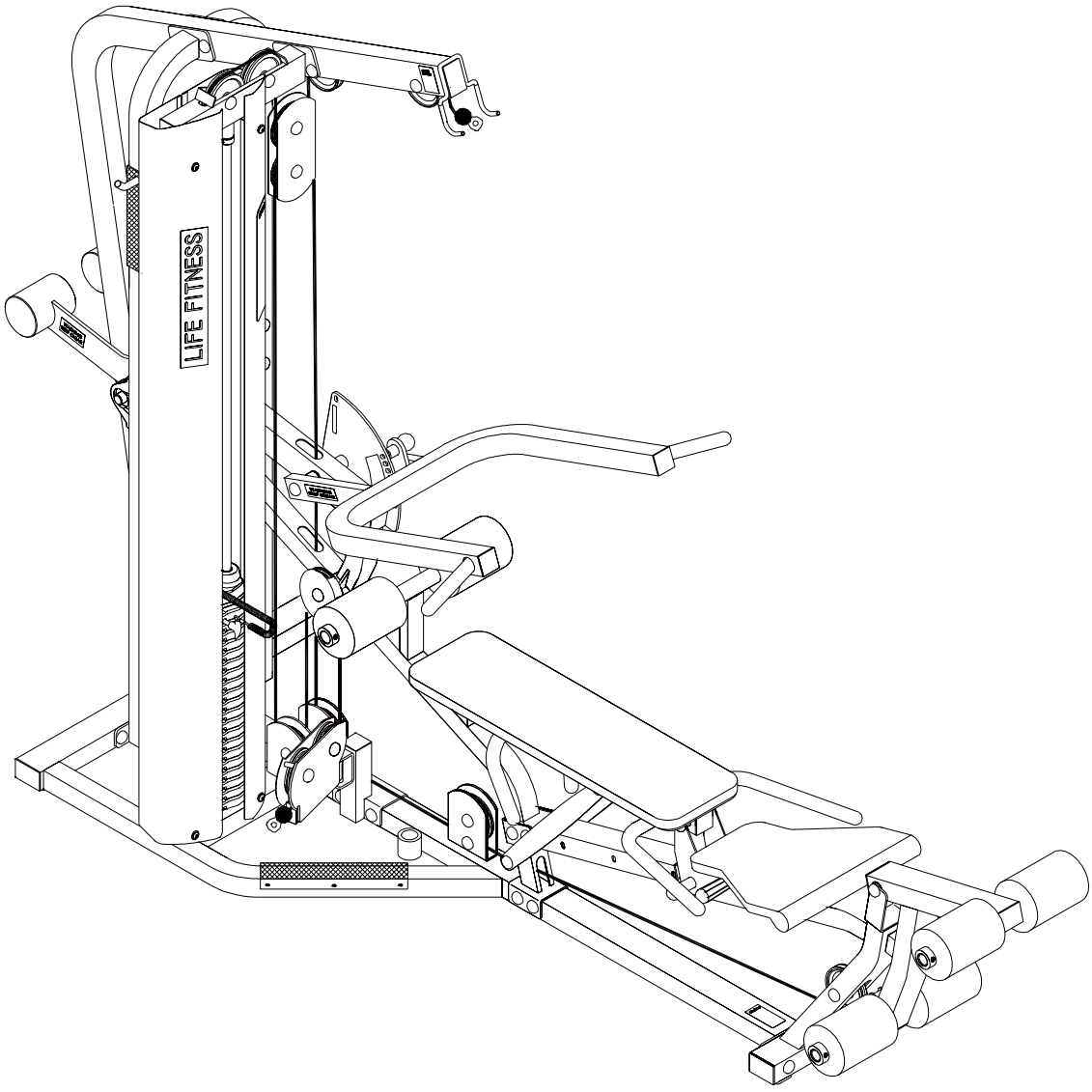
FIT SERIES FIT-1

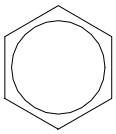


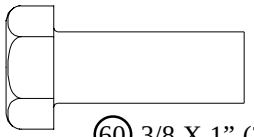
ASSEMBLY INSTRUCTIONS

PARTS LIST

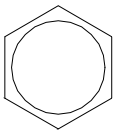
KEY	PART #	DESCRIPTION	QTY
1	04-1325	BASE	1
2	04-1326	BENCH FRAME	1
3	04-1327	BOOM SUPPORT LEFT	1
4	04-1328	BOOM SUPPORT RIGHT	1
5	04-1330	REAR UPRIGHT	1
6	04-1335	UPRIGHT SUPPORT	1
7	04-1329	PEDESTAL	1
8	04-1334	STACK BOOM	1
9	04-1331	PIVOT ARM	1
10	04-1338	PRESS ARM	1
11	04-1336	SEAT SUPPORT	1
12	04-1337	ADJUSTABLE SEAT	1
13	04-1332B	SWIVEL SUPPORT	1
14	04-1339B	SWIVEL	1
15	04-1333	BACK PAD SUPPORT	1
16	04-1340	COUNTERBALANCE	1
17	02-1294	BACK PAD ADJUST PLATE	2
18	01-2073	19-1/4” ROLLER PAD TUBE	2
19	01-2008	21-1/2” ROLLER PAD TUBE	1
20	02-1292	BOTTOM SHROUD BRACKET	1
21	02-1296	DUAL PULLEY PLATE	2
22	02-1295	PULLEY GUARD	1
23	10-0056	LEFT SHROUD	1
24	10-0057	RIGHT SHROUD	1
25	03-0340	STORGAGE PEG	1
26	02-1293	PRESS ARM ADJUST PLATE	1
27	01-[illegible]4	GUIDE ROD	2
28	04-1386	LAT BAR	1
29	10-0204	HEAD PLATE	1
30	06-0304	3/4 X 2” WEIGHT STACK CUSHION	2
31	72925	WEIGHT PLATE	20
32	06-0382	2-3/8” OD PLASTIC WASHER	12
33	11-0067	WEIGHT STACK PIN	1
34	04-0622	LOW ROW BAR	1
35		1-3/8” OD COVER CAP	2
36	06-0368	5” ACCORIDION SLEEVE	2
37	05-0106	PILLOW BLOCK	2
38	06-0025	4-1/2” PULLEY	13
39	10-0215	5 X 8” ROLLER PAD	6
40		SNAP LINK	3

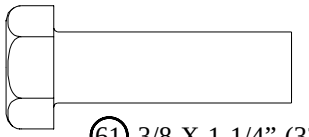
KEY	PART #	DESCRIPTION	QTY
41	03-0536	5-1/2” TAPPED PIVOT SHAFT	1
42	07-0155	SEAT PAD	1
43	07-0156	BACK PAD	1
44	13-0119	LAT CABLE	1
45	13-0120	LEG CABLE	1
46	05-0348	5-1/2” PIVOT SHAFT	2
47	05-0327	3-5/16” PIVOT SHAFT	1
48	05-0193	12 LINK CHAIN	1
49	02-1304	2-7/8 X 2-1/4” CABLE CLIP	3
50	05-0212	13/16” SHAFT COLLAR	2
51	06-0388	1-1/4” SHAFT COLLAR	6
52		3/8 X 1-1/4” (43m) BOLT W/NYLOCK	2
53		3/8 X 4” (97m) BOLT	6
54	08-0010	3/8 X 1/2” FLANGE SPACER	7
55	08-0066	3/8 X 1” FLANGE SPACER	2
56	08-0016	3/8 X 3/4” FLANGE SPACER	1
57	05-0313	1/2 X 3” SHOULDER BOLT	1
58	73086	WEIGHT STACK LABEL	1
59	06-0108	3 X 2” END CAP	2
60		3/8 X 1” (25m) BOLT	3
61		3/8 X 1-1/4” (32m) BOLT	3
62		3/8 X 1-3/4” (43m) BOLT	12
63		3/8 X 3-1/2” (90m) BOLT	11
64		3/8 X 2-1/2” (67m) BOLT	8
65		3/8 X 3” (73m) BOLT	5
66		3/8 X 3-3/4” (93m) BOLT	1
67		3/8 X 4-1/4” (106m) BOLT	3
68		3/8 X 2-3/4” (70m) BOLT	2
69		3/8 X 6-1/2” (164m) BOLT	2
70	04-1341	CROSS SUPPORT	1
71		3/8 X 1” (25m) BTN HEAD BOLT	8
72		3/8 X 3” (76m) BTN HEAD BOLT	4
73		3/8” LOW HEIGHT LOCK NUT	55
74		BLACK 3/8” SAE WASHER	12
75		3/8” SAE WASHER	113
76	05-0310	3/8” RH WASHER	113
77	06-0357	BLACK RH CAP	25
78	06-0357	WHITE RH CAP	88
OR	06-0357	PLATINUM RH CAP	88



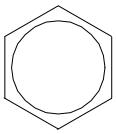


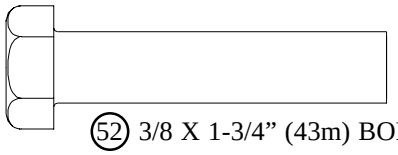
(60) 3/8 X 1” (25m) BOLT



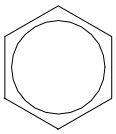


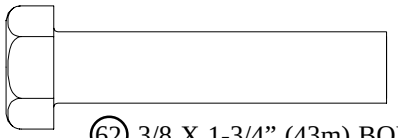
(61) 3/8 X 1-1/4” (32m) BOLT



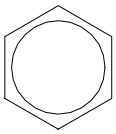


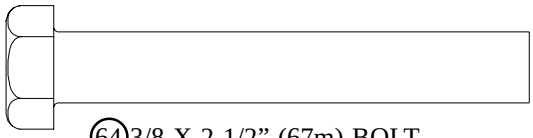
(52) 3/8 X 1-3/4” (43m) BOLT W/NYLOCK



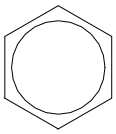


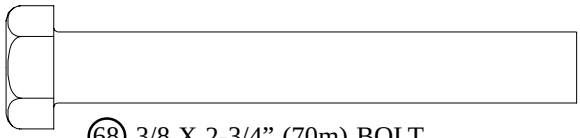
(62) 3/8 X 1-3/4” (43m) BOLT



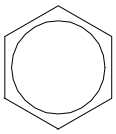


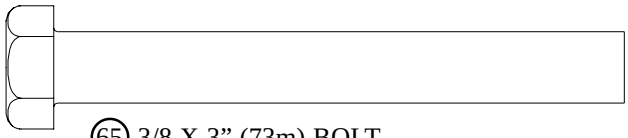
(64) 3/8 X 2-1/2” (67m) BOLT



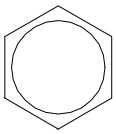


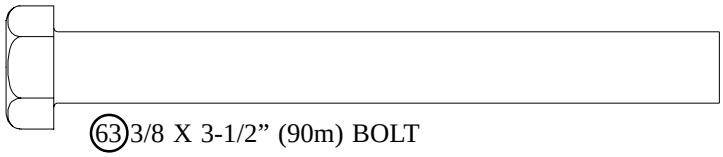
(68) 3/8 X 2-3/4” (70m) BOLT



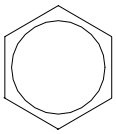


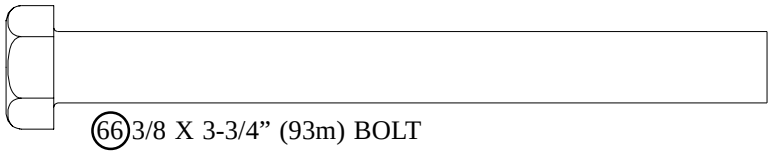
(65) 3/8 X 3” (73m) BOLT



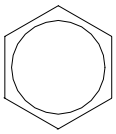


(63) 3/8 X 3-1/2” (90m) BOLT

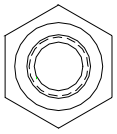




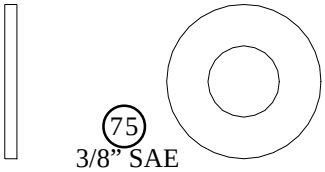
(66) 3/8 X 3-3/4” (93m) BOLT



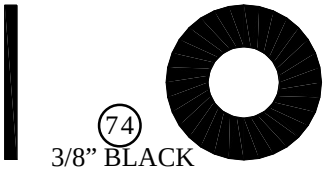
(53) 3/8 X 4” (97m) BOLT



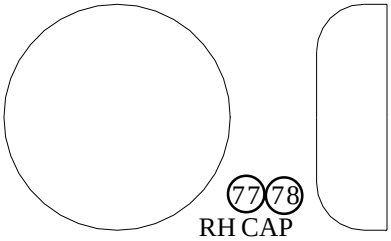
(73) 3/8” LOW HEIGHT LOCK NUT



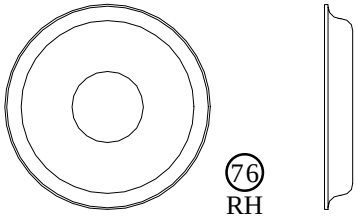
(75) 3/8” SAE WASHER



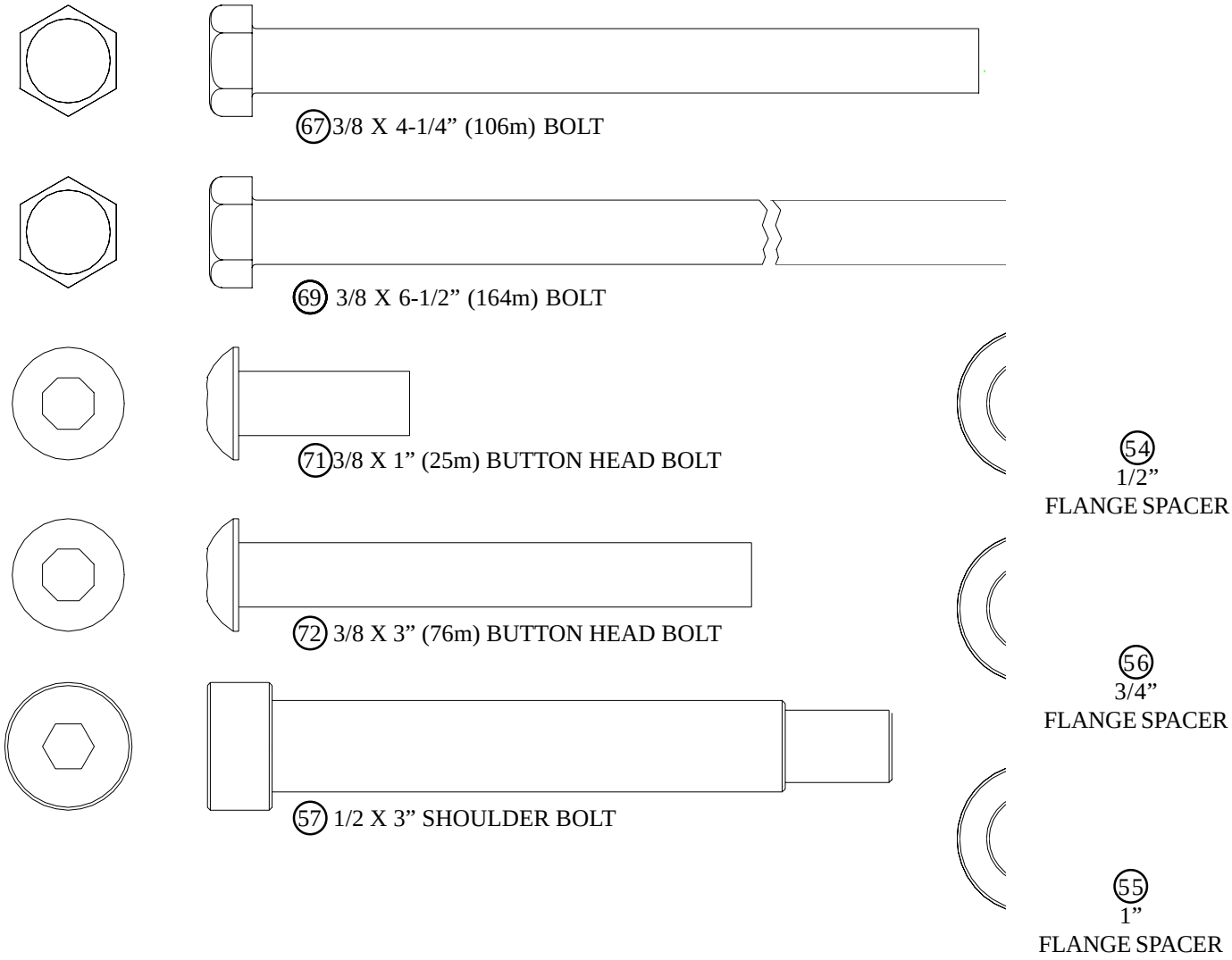
(74) 3/8” BLACK SAE WASHER



(77) (78) RH CAP (WHITE/PLATINUM/BLACK)



(76) RH WASHER

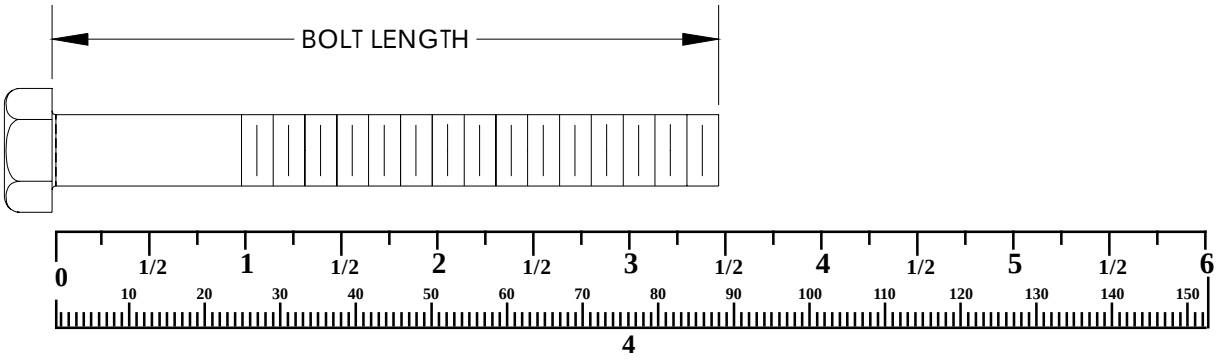

67 3/8 X 4-1/4" (106m) BOLT
69 3/8 X 6-1/2" (164m) BOLT
71 3/8 X 1" (25m) BUTTON HEAD BOLT
72 3/8 X 3" (76m) BUTTON HEAD BOLT
57 1/2 X 3" SHOULDER BOLT
54 1/2" FLANGE SPACER
56 3/4" FLANGE SPACER
55 1" FLANGE SPACER

Tools Required for Assembly

* Ratchet with 9/16" socket
* Metric Allen wrench set

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



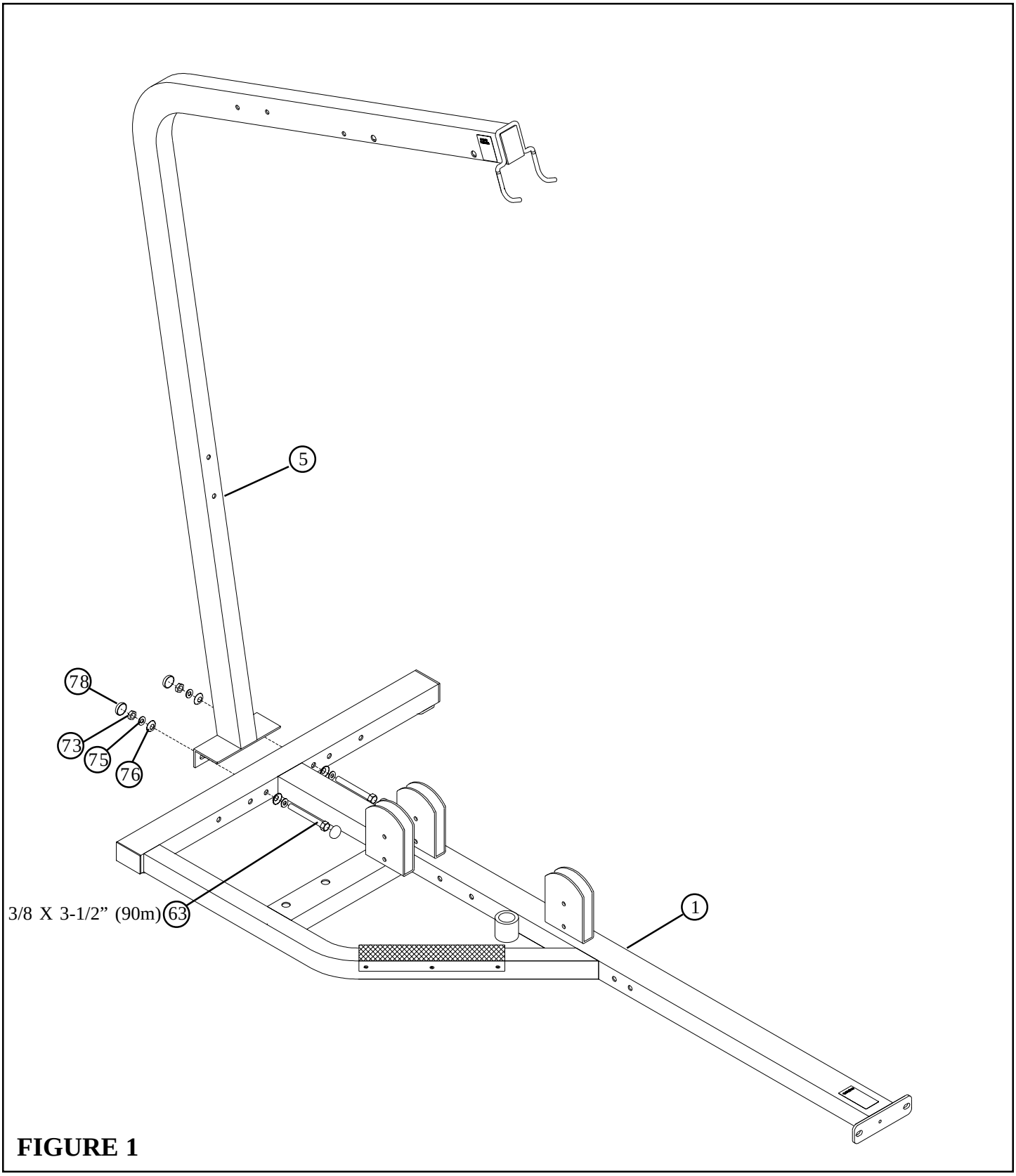
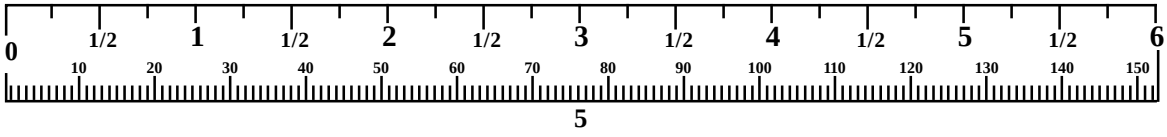


FIGURE 1

STEP 1:

• **LOOSELY** assemble the REAR UPRIGHT (5) to the BASE (1) to the using four RH CAPS (78), two 3/8 X 3-1/2" BOLTS (63), four 3/8" SAE WASHERS (75), four 3/8" RH WASHERS (76) and two 3/8" LOW HEIGHT LOCK NUTS (73) as shown in FIGURE 1.



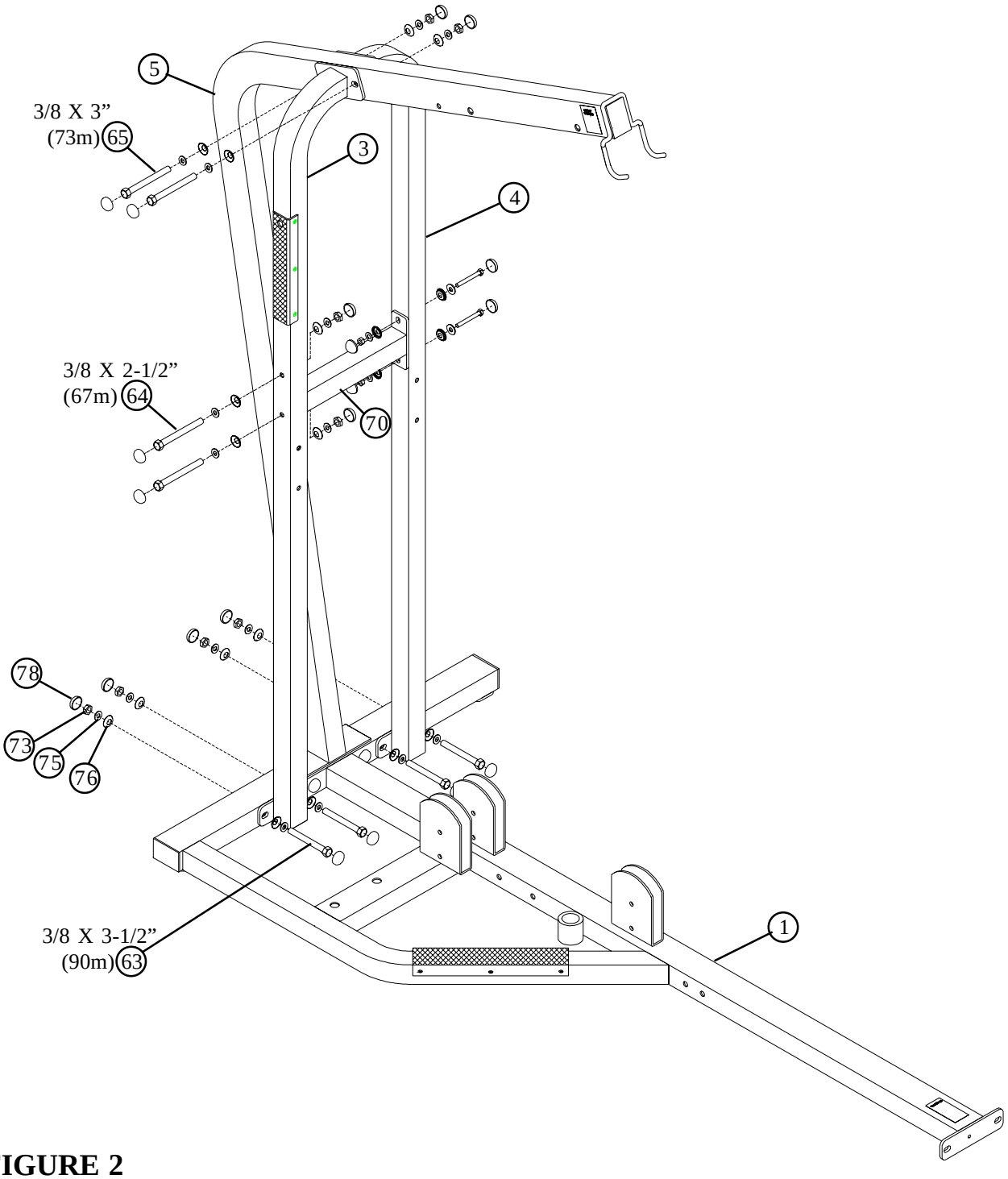


FIGURE 2

STEP 2:

- **LOOSELY** assemble the LEFT and RIGHT BOOM SUPPORTS (3 & 4) to the BASE (1) using eight RH CAPS (78), four 3/8 X 3-1/2" BOLTS (63), eight 3/8" SAE WASHERS (75), eight 3/8" RH WASHERS (76) and four 3/8" LOW HEIGHT LOCK NUTS (73) as shown in FIGURE 2.

- **LOOSELY** assemble the LEFT and RIGHT BOOM SUPPORTS (3 & 4) to the REAR UPRIGHT (5) using four RH CAPS (78), two 3/8 X 3" BOLTS (65), four 3/8" SAE WASHERS (75), four 3/8" RH WASHERS (76) and two 3/8" LOW HEIGHT LOCK NUTS (73) as shown in FIGURE 2.

- **LOOSELY** assemble the CROSS SUPPORT (70) between the LEFT and RIGHT BOOM SUPPORTS (3 & 4) using eight RH CAPS (78), four 3/8 X 2-1/2" BOLTS (64), eight 3/8" SAE WASHERS (75), eight 3/8" RH WASHERS (76) and four 3/8" LOW HEIGHT LOCK NUTS (73) as shown in FIGURE 2.

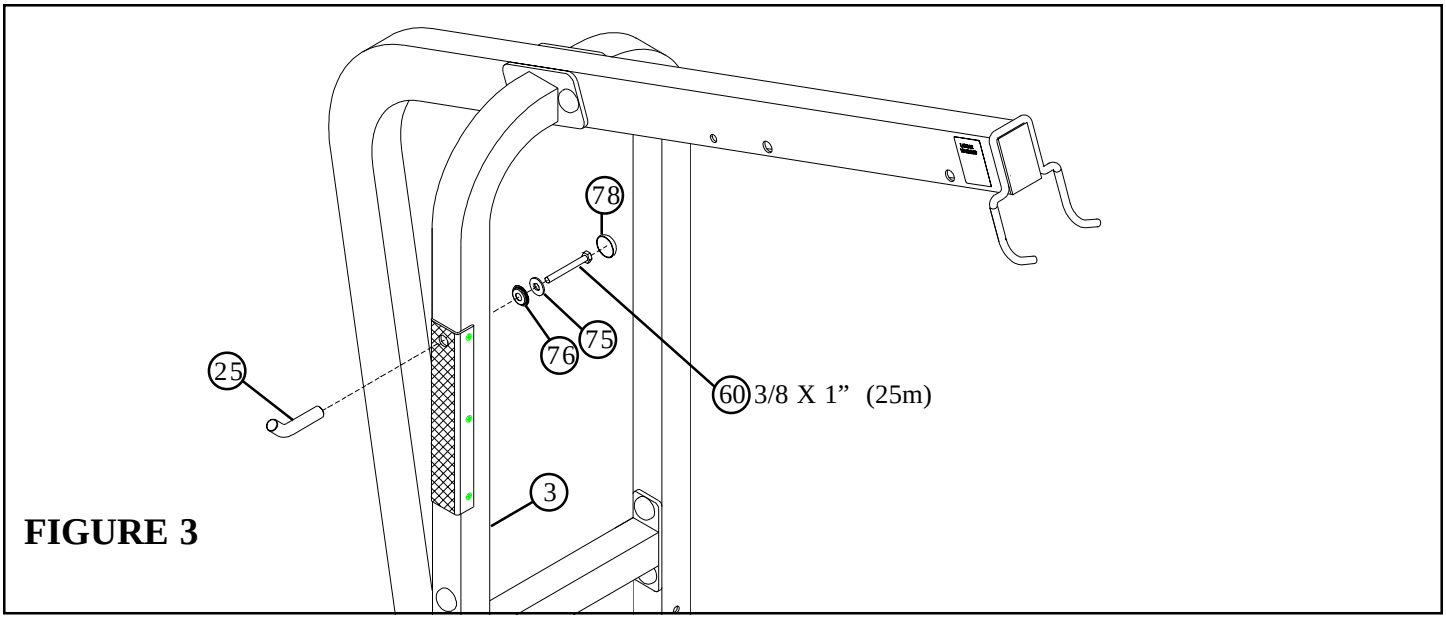


FIGURE 3

STEP 3:

- **SECURELY** assemble one STORAGE PEG (25) to the LEFT BOOM SUPPORT (3) using one RH CAPS (78), one 3/8 X 1" BOLT (60), one 3/8" SAE WASHER (75) and one 3/8" RH WASHER (76) as shown in FIGURE 3.

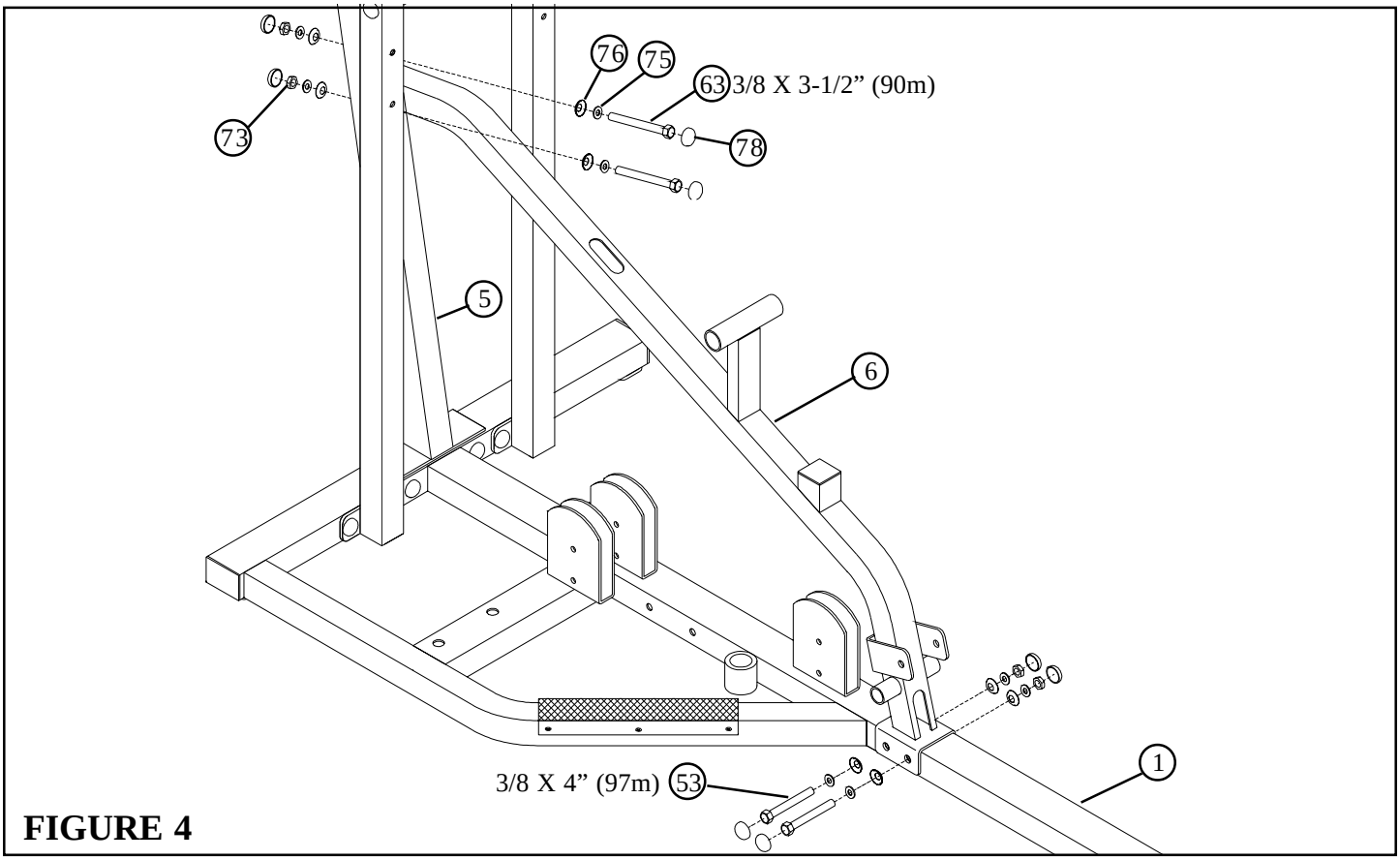
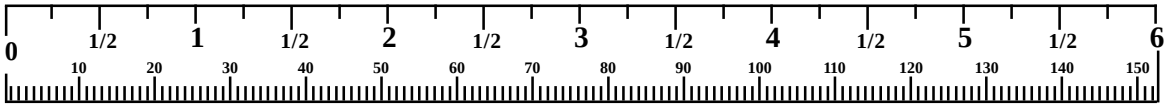


FIGURE 4

STEP 4:

- **LOOSELY** assemble the UPRIGHT SUPPORT (6) to the BASE (1) and REAR UPRIGHT (5) using eight RH CAPS (78), two 3/8 X 3-1/2" BOLTS (63), two 3/8 X 4" BOLTS (53), eight 3/8" SAE WASHERS (75), eight 3/8" RH WASHERS (76) and four 3/8" LOW HEIGHT LOCK NUTS (73) as shown in FIGURE 4.



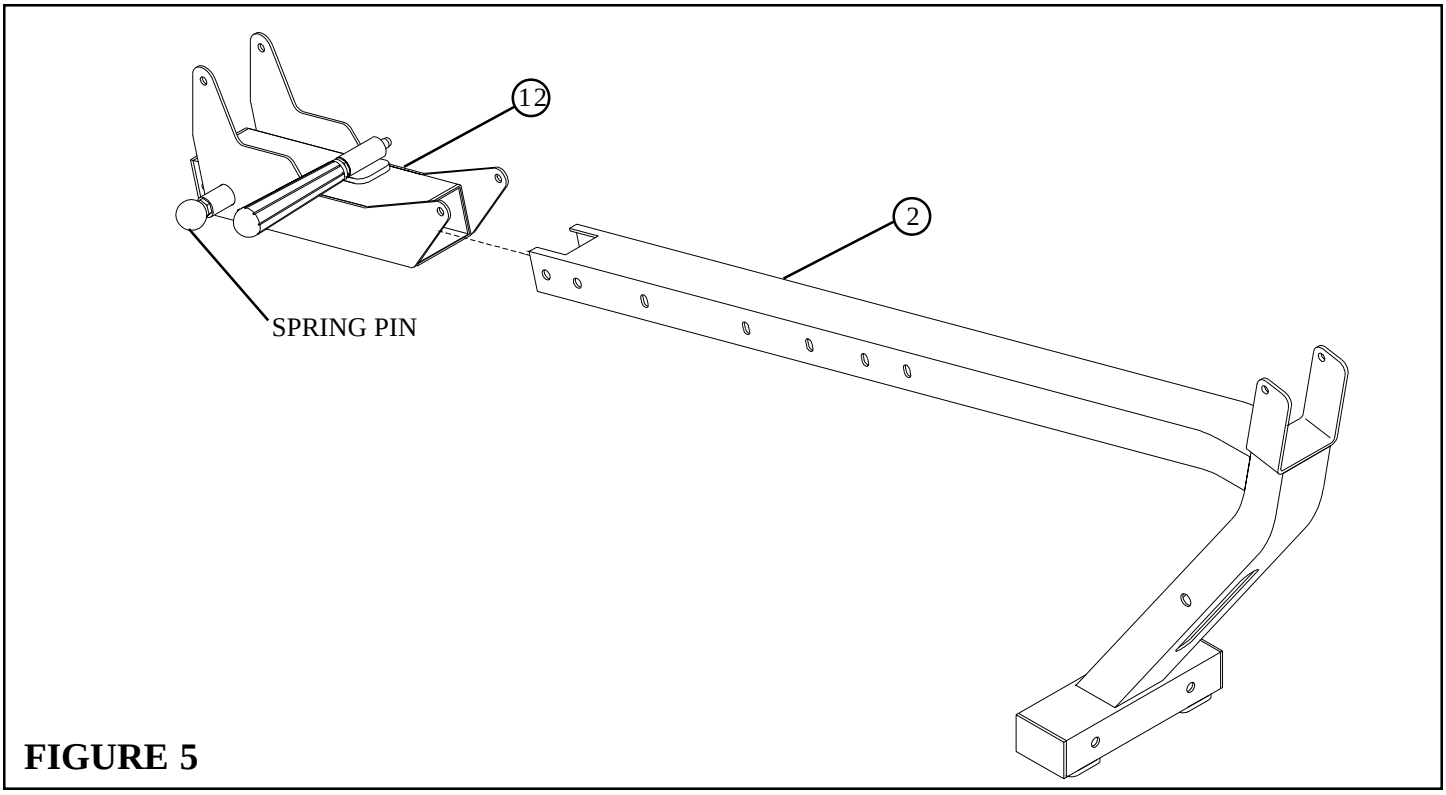


FIGURE 5

STEP 5:

- Pull back on the SPRING PIN and slide the ADJUSTABLE SEAT (12) over the BENCH FRAME (2) as shown in FIGURE 5.

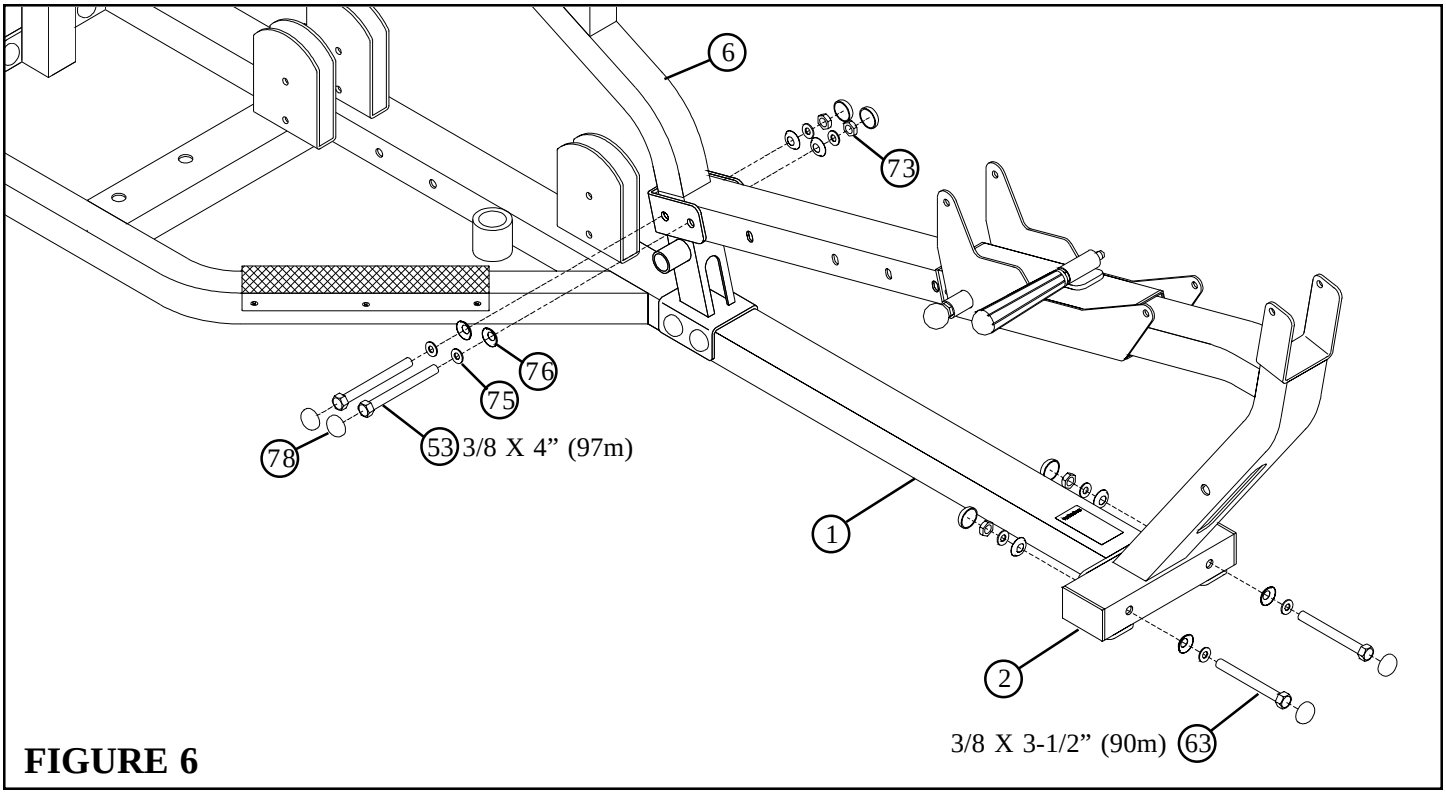


FIGURE 6

STEP 6:

- **LOOSELY** assemble the BENCH FRAME (2) to the UPRIGHT SUPPORT (6) and the BASE (1) using eight RH CAPS (78), two 3/8 X 3-1/2" BOLTS (63), two 3/8 X 4" BOLTS (53), eight 3/8" SAE WASHERS (75), eight 3/8" RH WASHERS (76) and four 3/8" LOW HEIGHT LOCK NUTS (73) as shown in FIGURE 6.

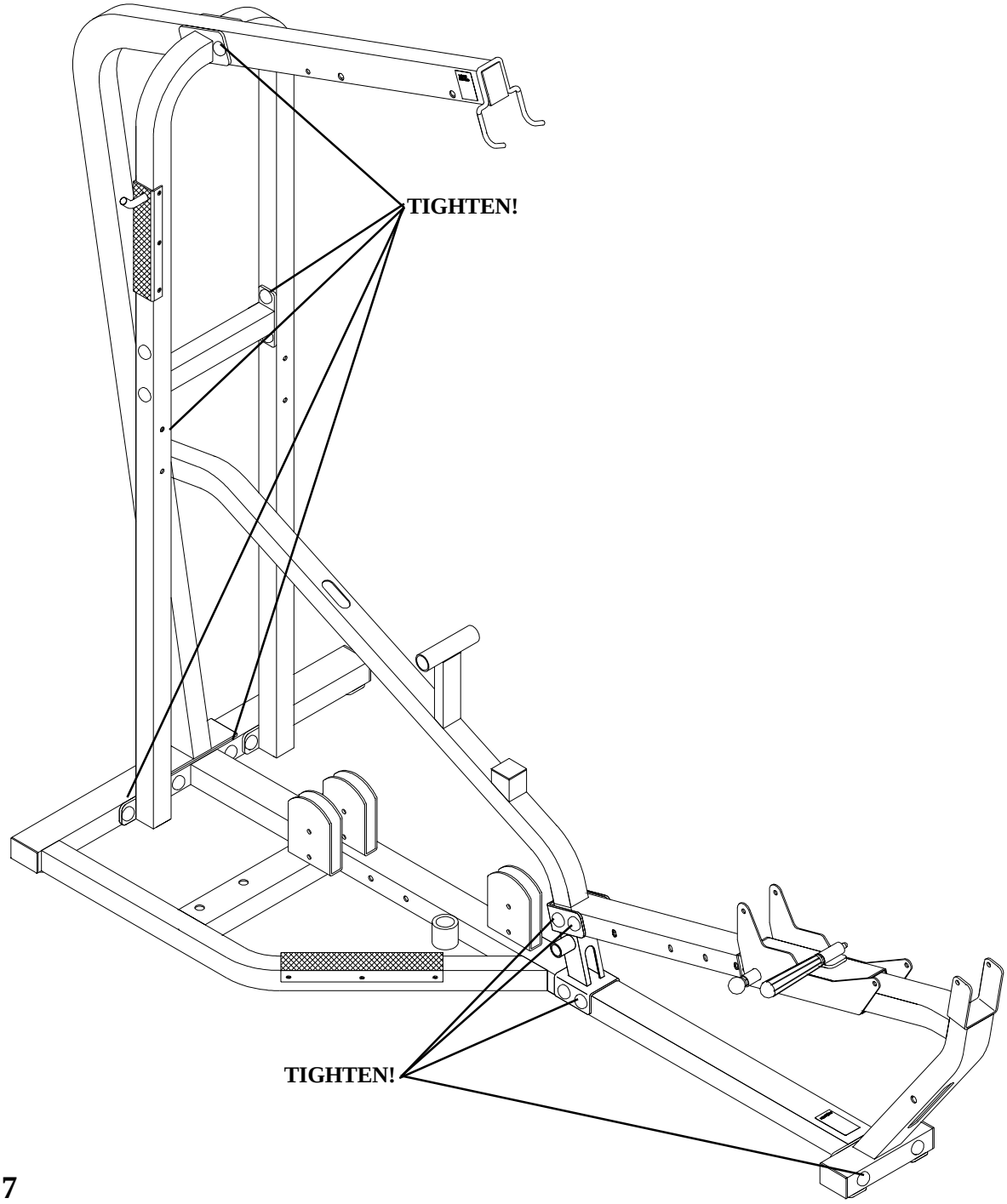


FIGURE 7

STEP 7:

- **Securely tighten all loose frame connections made to this point, then proceed to snap RH CAPS (78) over the RH WASHERS (76) on all tightened connections.**

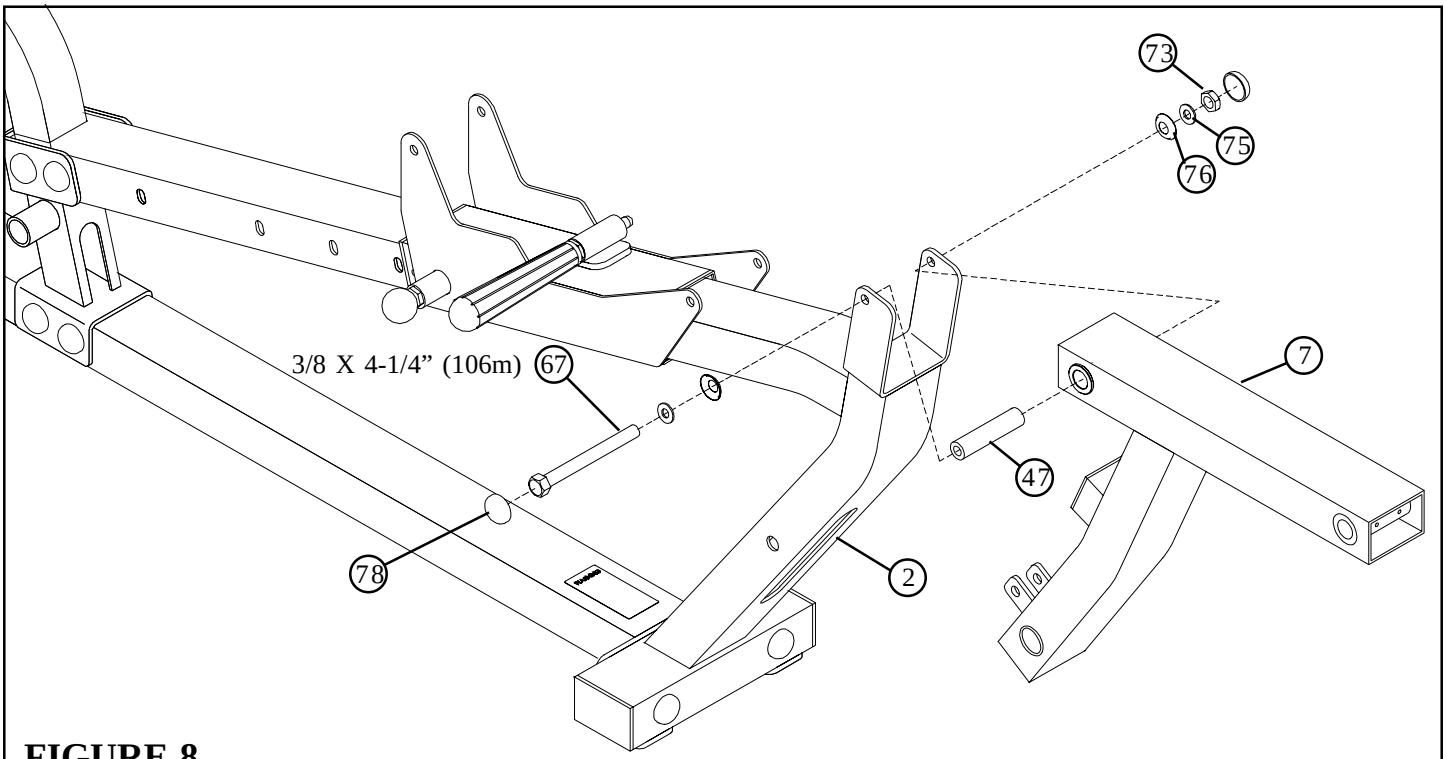


FIGURE 8

STEP 8:

- Insert one 3-5/16" PIVOT SHAFT (47) into the PEDESTAL (7) as shown in FIGURE 8.
- **SECURELY** assemble the PEDESTAL (7) to the BENCH FRAME (2) using two RH CAPS (78), one 3/8 X 4-1/4" BOLT (67), two 3/8" SAE WASHERS (75), two 3/8" RH WASHERS (76) and one 3/8" LOW HEIGHT LOCK NUT (73) as shown in FIGURE 8.

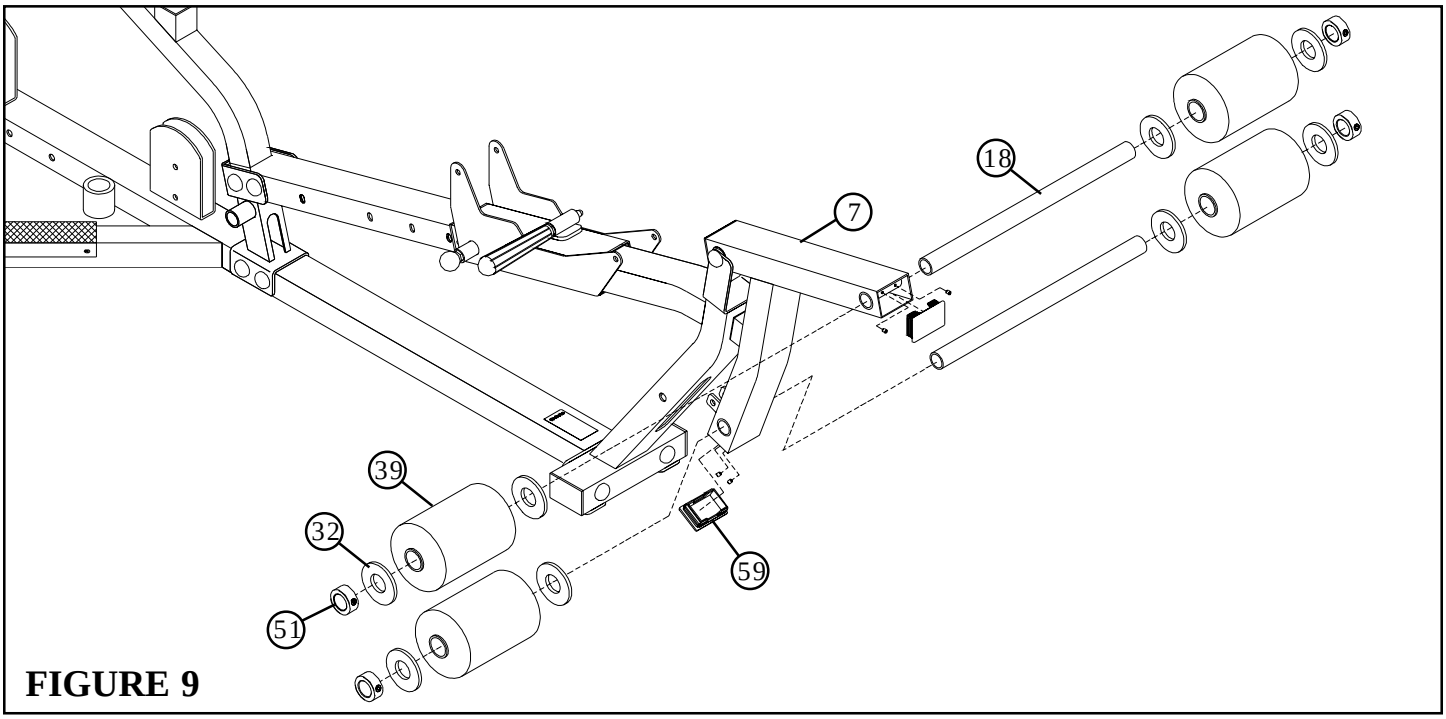


FIGURE 9

STEP 9:

- Assemble four 5 X 8" ROLLER PADS (39) and eight 2-3/8" OD PLASTIC WASHERS (32) to the PEDESTAL (7) using four 1-1/4" SHAFT COLLARS (51) and two 19-1/4" ROLLER PAD TUBES (18) as shown in FIGURE 9.
- Once the 5 X 8" ROLLER PADS (39) are assembled to the PEDESTAL (7), **SECURE** the 19-1/4" ROLLER PAD TUBES (18) with the four 5/16 X 1/4" SET SCREWS as shown in FIGURE 9.
- Insert two 3 X 2" END CAPS (59) into the ends of the PEDESTAL (7) as shown in FIGURE 9.

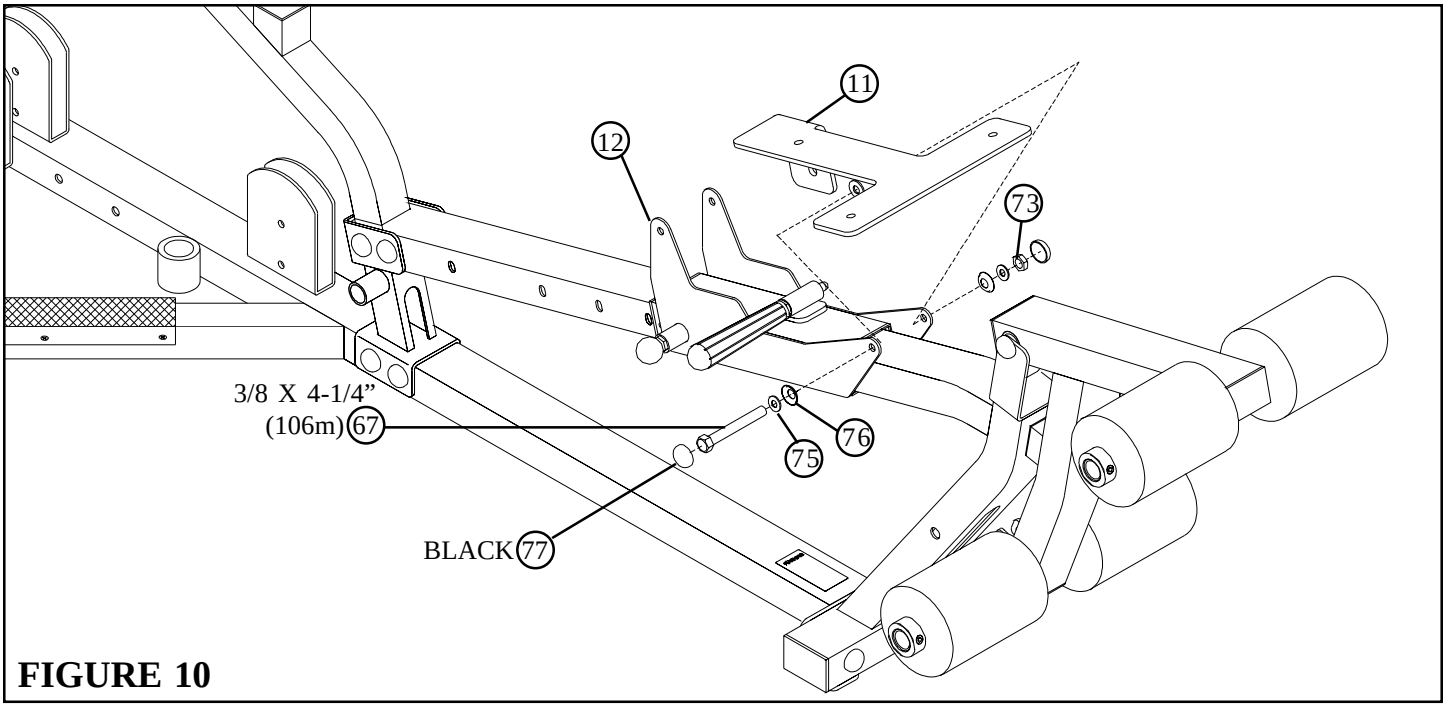


FIGURE 10

STEP 10:

- **SECURELY** assemble the SEAT SUPPORT (11) to the ADJUSTABLE SEAT (12) using two BLACK RH CAPS (77), one 3/8 X 4-1/4" BOLTS (67), two 3/8" SAE WASHERS (75), two 3/8" RH WASHERS (76) and one 3/8" LOW HEIGHT LOCK NUT (73) as shown in FIGURE 10.

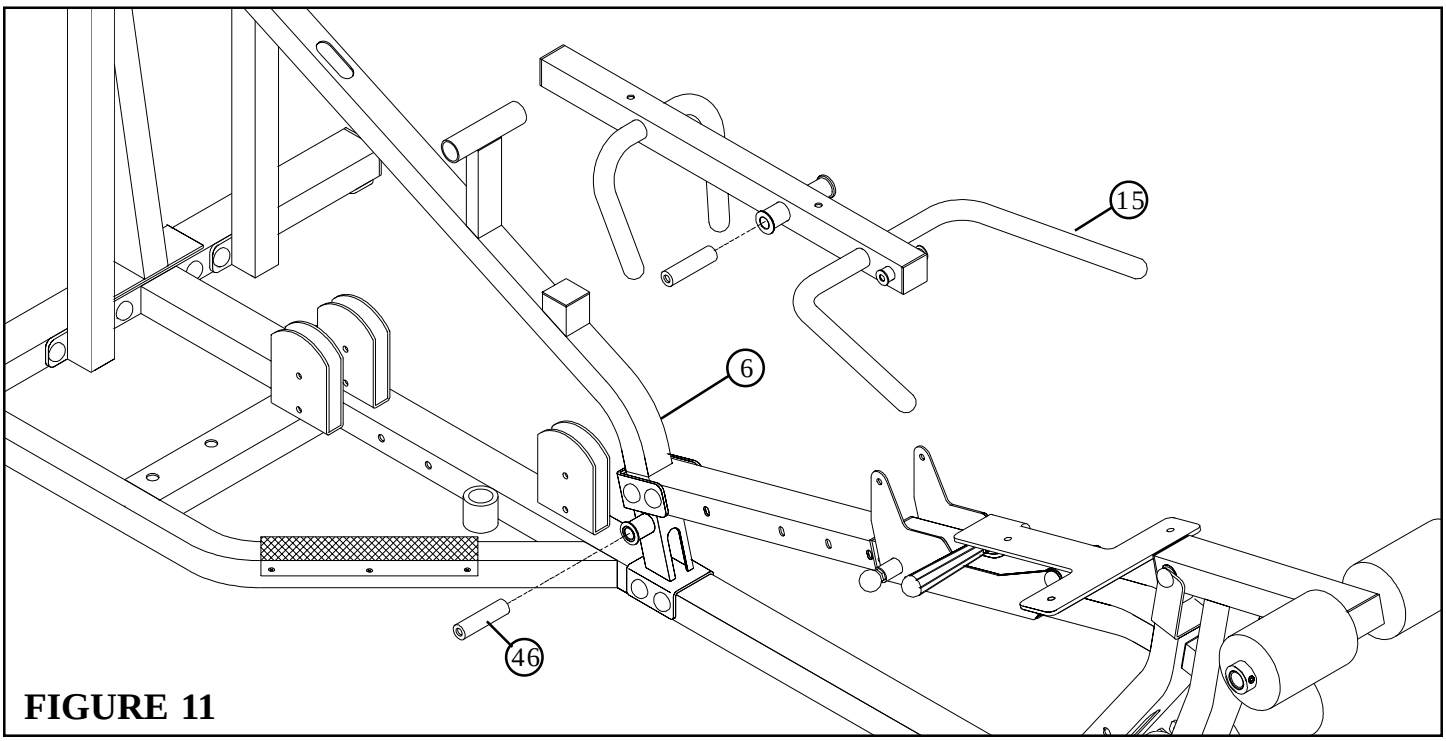


FIGURE 11

STEP 11:

- Insert two 5-1/2" PIVOT SHAFTS (46) into the UPRIGHT SUPPORT (6) and BACK PAD SUPPORT (15) as shown in FIGURE 11..

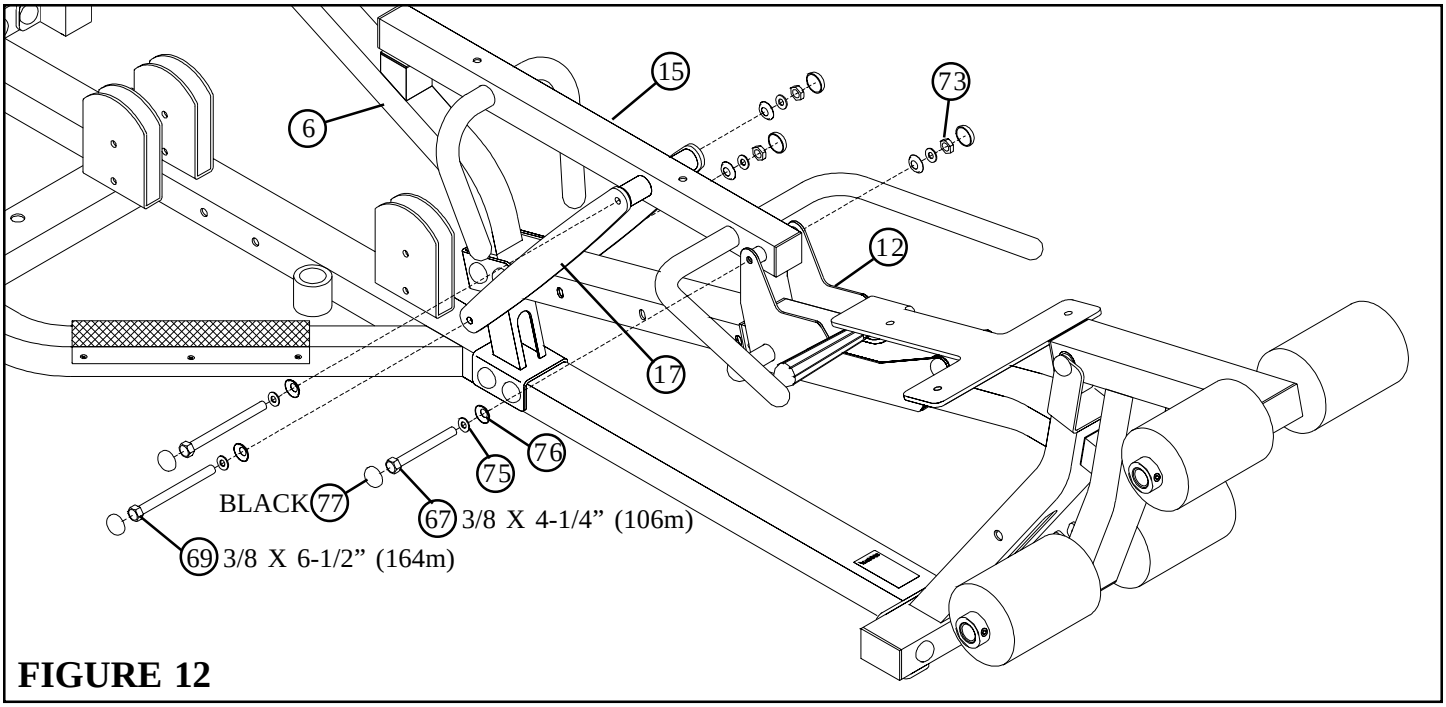


FIGURE 12

STEP 12:

- **SECURELY** assemble the BACK PAD SUPPORT (15) to the ADJUSTABLE SEAT (12) using two BLACK RH CAPS (77), one 3/8 X 4-1/4" BOLT (67), two 3/8" SAE WASHERS (75), two 3/8" RH WASHERS (76) and one 3/8" LOW HEIGHT LOCK NUT (73) as shown in FIGURE 12.
- **SECURELY** assemble the BACK PAD SUPPORT (15) to the UPRIGHT SUPPORT (6) using two BACK PAD ADJUST PLATES (17), four BLACK RH CAPS (77), two 3/8 X 6-1/2" BOLTS (69), four 3/8" SAE WASHERS (75), four 3/8" RH WASHERS (76) and two 3/8" LOW HEIGHT LOCK NUTS (73) as shown in FIGURE 12.

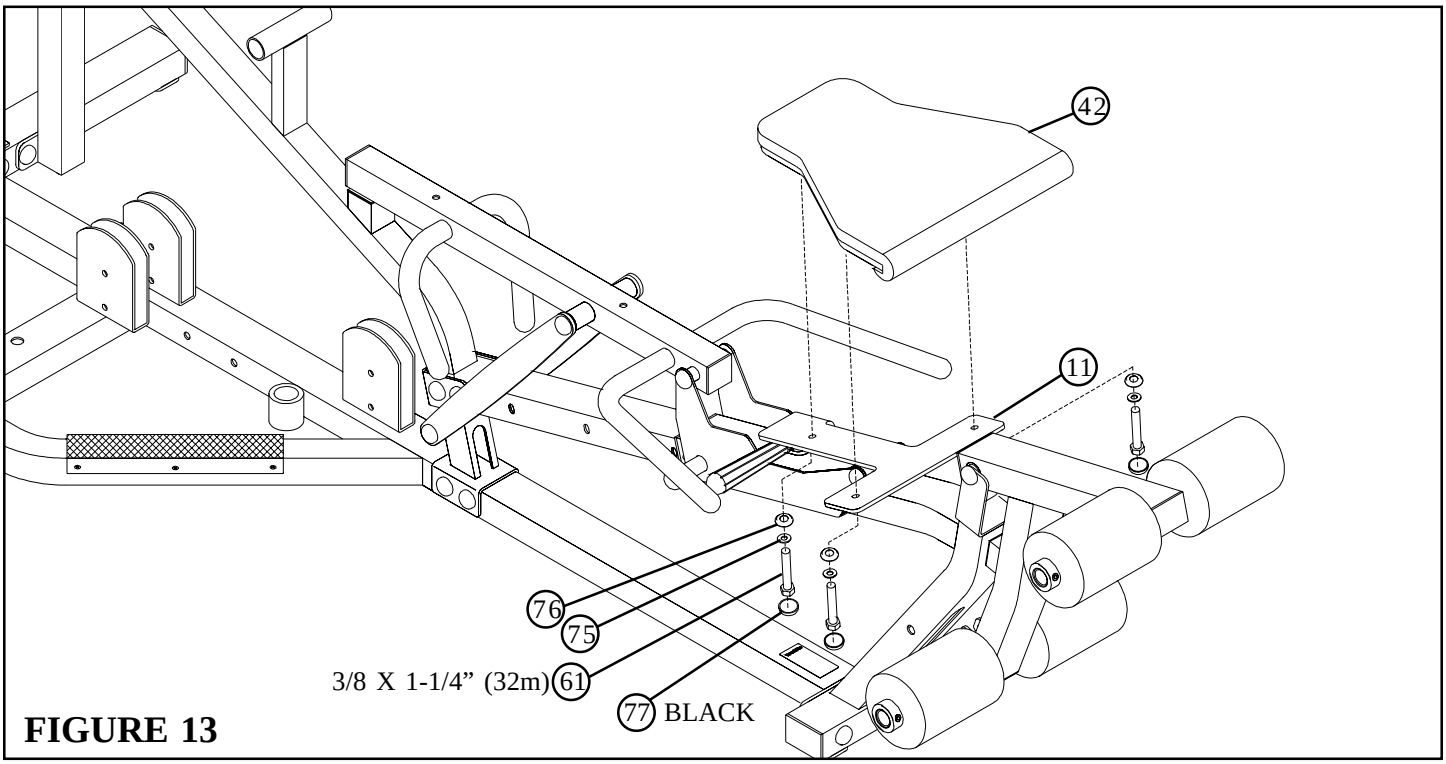


FIGURE 13

STEP 13:

- **SECURELY** assemble the SEAT PAD (42) to the SEAT SUPPORT (11) using three BLACK RH CAPS (77), three 3/8 X 1-1/4" BOLTS (61), three 3/8" SAE WASHERS (75) and three 3/8" RH WASHERS (76) as shown in FIGURE 13.

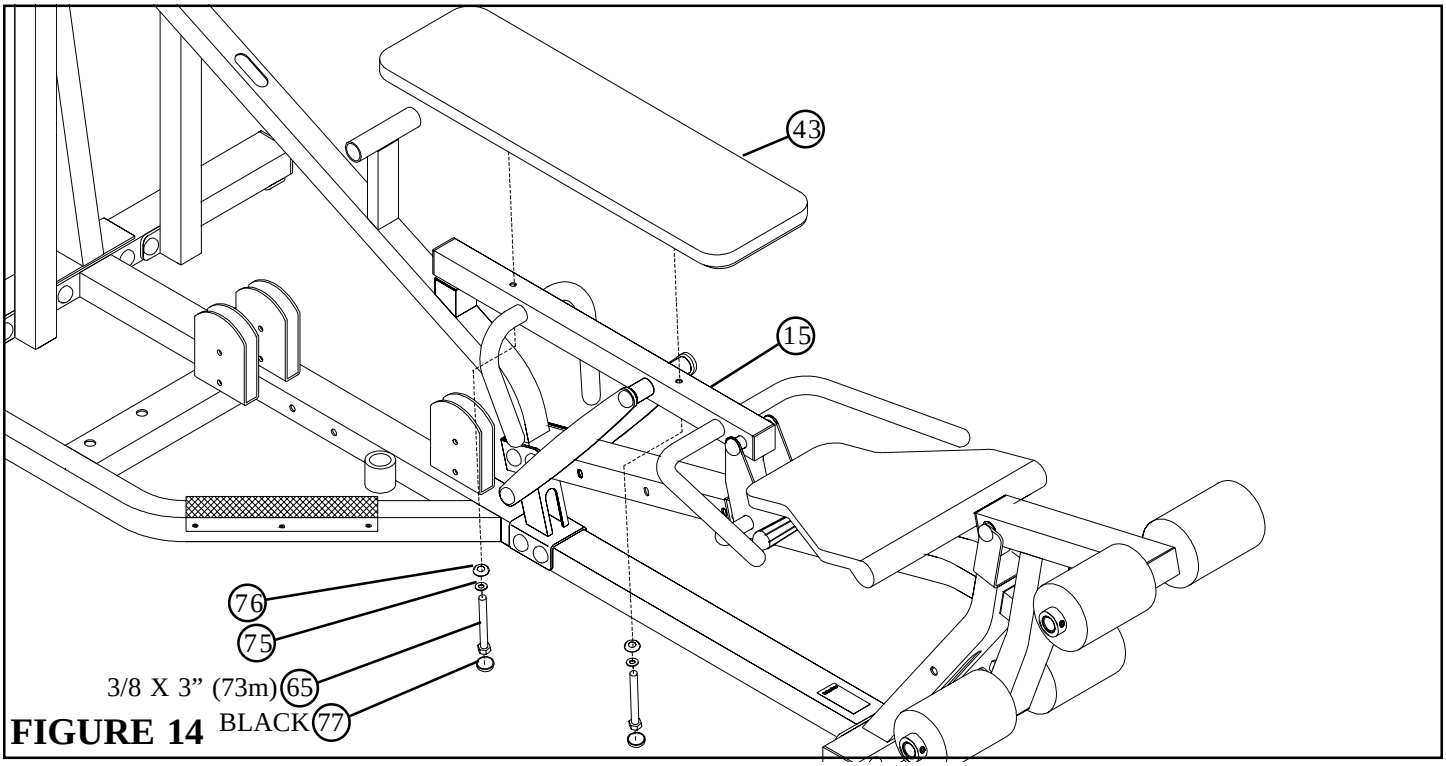
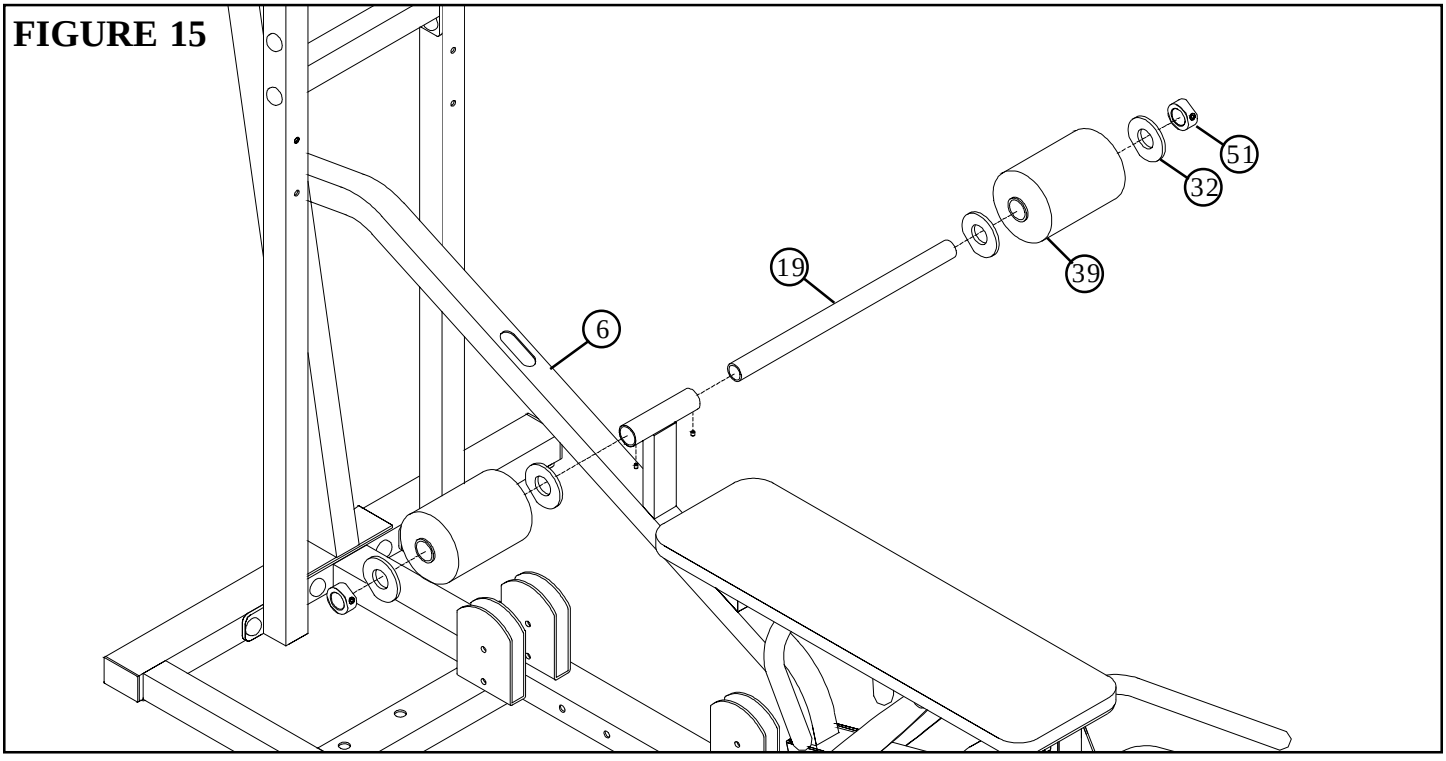


FIGURE 14

STEP 14:

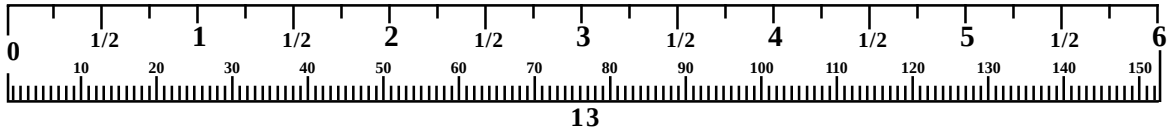
- **SECURELY** assemble the BACK PAD (43) to the BACK PAD SUPPORT (15) using two BLACK RH CAPS (77), two 3/8 X 3" BOLTS (65), two 3/8" SAE WASHERS (75) and two 3/8" RH WASHERS (76) as shown in FIGURE 14.

FIGURE 15



STEP 15:

- Assemble two 5 x 8" ROLLER PADS (39) and four 2-3/8" OD PLASTIC WASHERS (32) to the UPRIGHT SUPPORT (6) using two 1-1/4" SHAFT COLLARS (51) and one 21-1/2" ROLLER PAD TUBE (19) as shown in FIGURE 15.
- Once the 5 X 8" ROLLER PADS (39) are assembled to the UPRIGHT SUPPORT (6), **SECURE** the 21-1/2" ROLLER PAD TUBE (19) with the two 5/16 x 1/4" SET SCREWS.



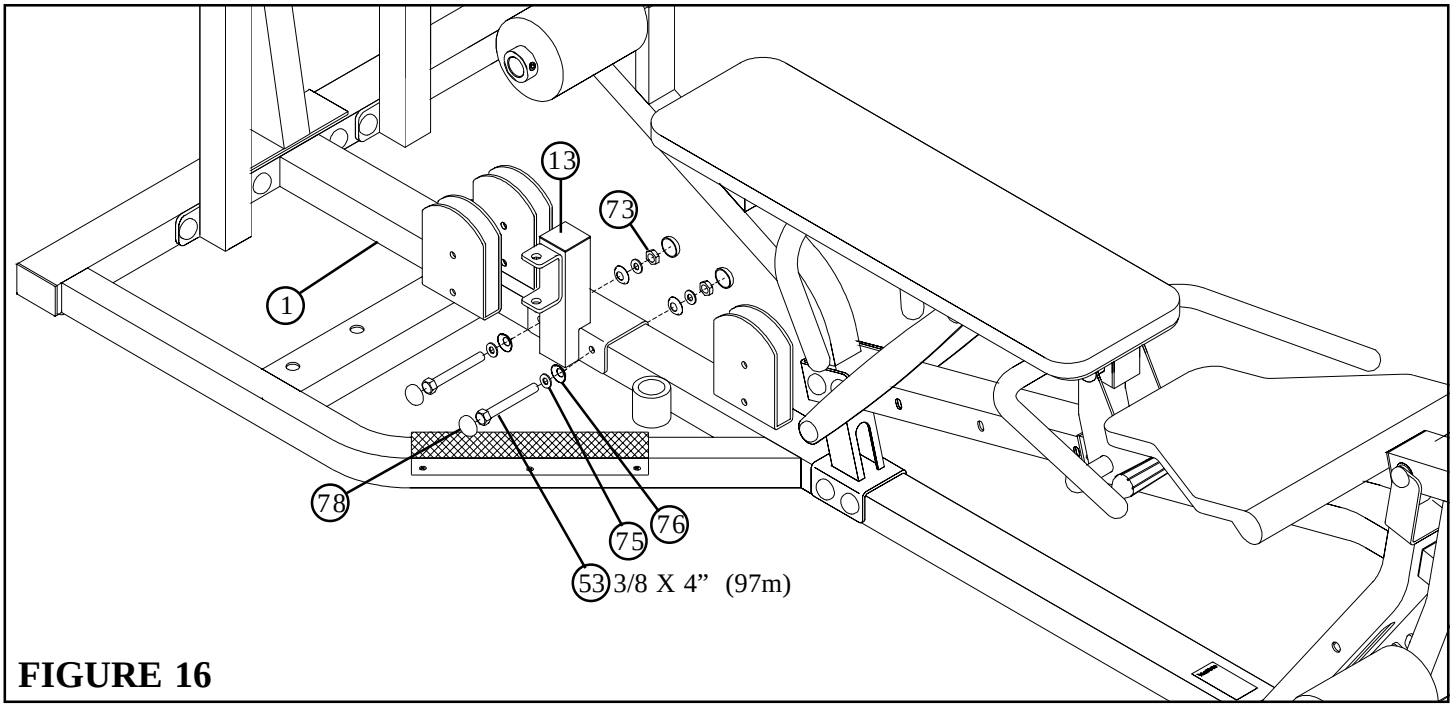


FIGURE 16

STEP 16:

- **SECURELY** assemble the SWIVEL SUPPORT (13) to the BASE (1) using four RH CAPS (78), two 3/8 X 4" BOLTS (53), four 3/8" SAE WASHERS (75), four 3/8" RH WASHERS (76) and two 3/8" LOW HEIGHT LOCK NUTS (73) as shown in FIGURE 16.

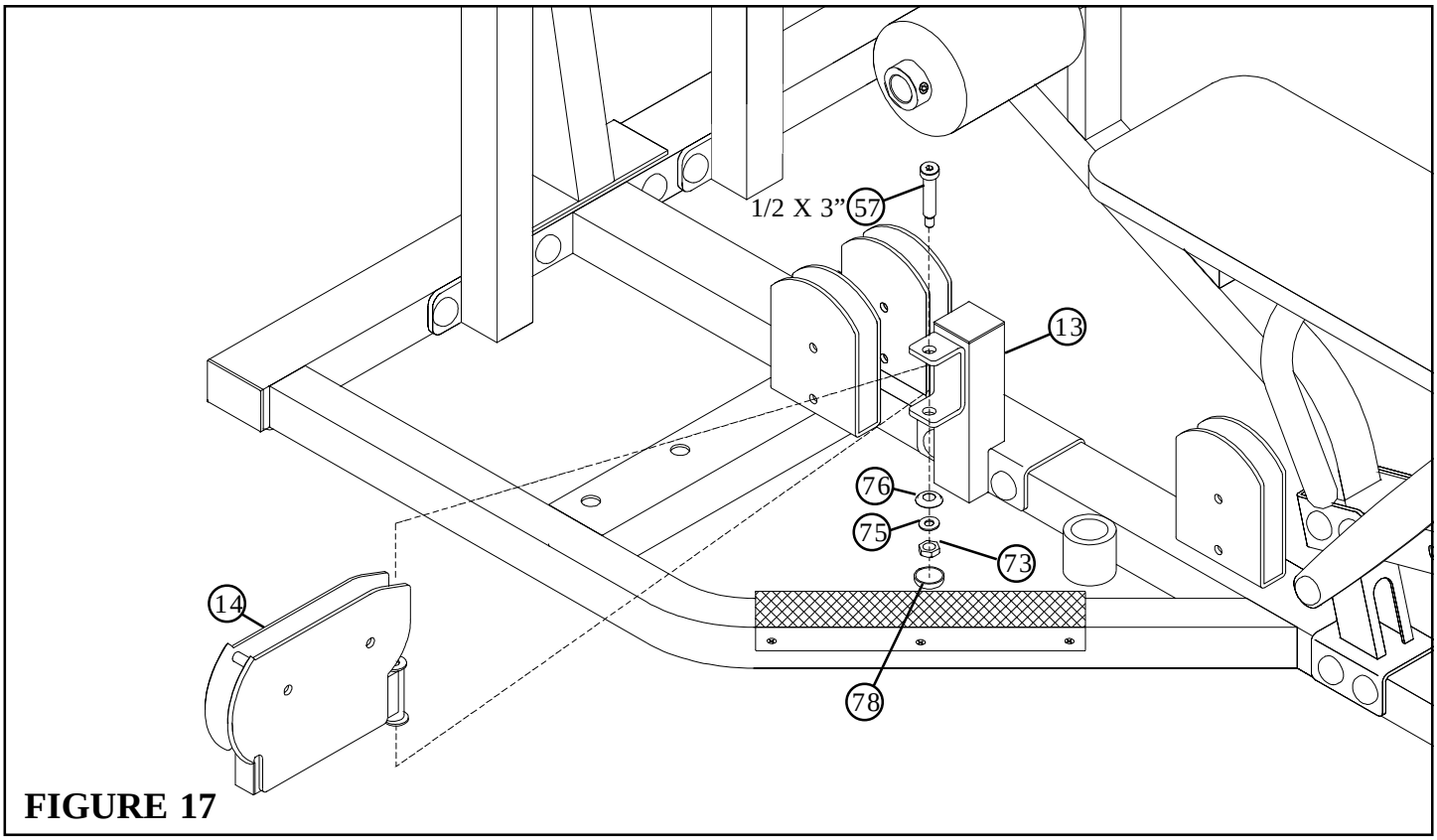


FIGURE 17

STEP 17:

- **SECURELY** assemble the SWIVEL (14) to the SWIVEL SUPPORT (13) using one 1/2 X 3" SHOULDER BOLT (57), one 3/8" SAE WASHER (75), one 3/8" RH WASHER (76), one 3/8" LOW HEIGHT LOCK NUT (73) and one RH CAP (78) as shown in FIGURE 17.

STEP 18:

- Slide two 5” ACCORIDIAN SLEEVES (36) over the shafts on the PIVOT ARM (9) as shown in FIGURE 18.
- Slide two PILLOW BLOCKS (37) over the shafts on the PIVOT ARM (9) as shown in FIGURE 18.

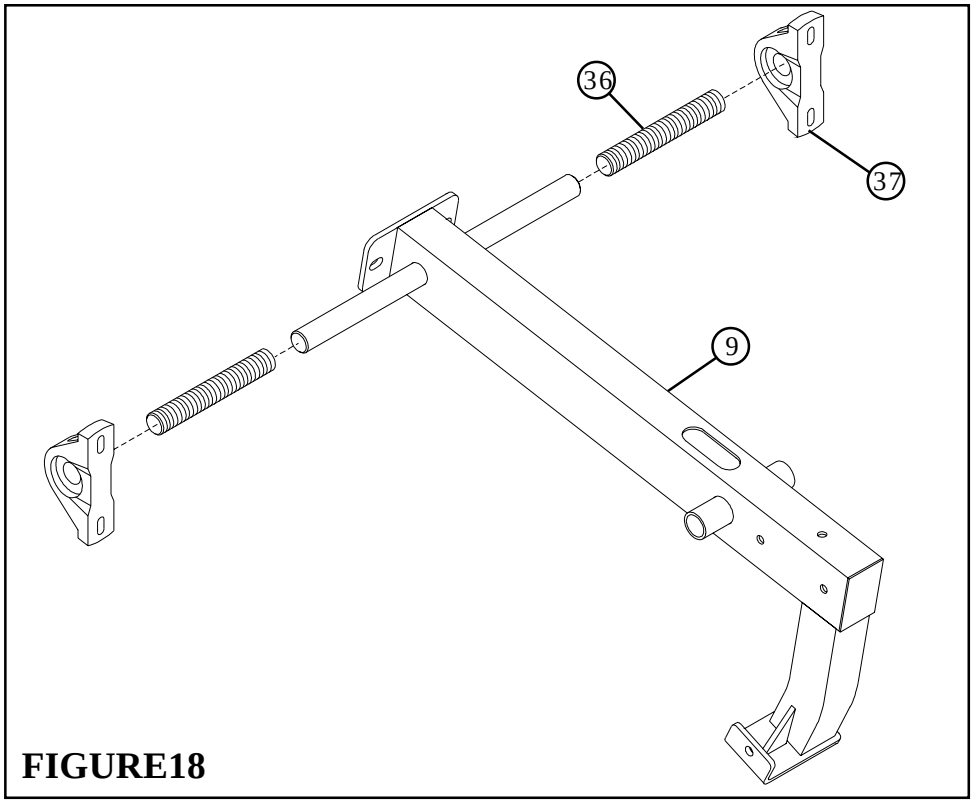


FIGURE18

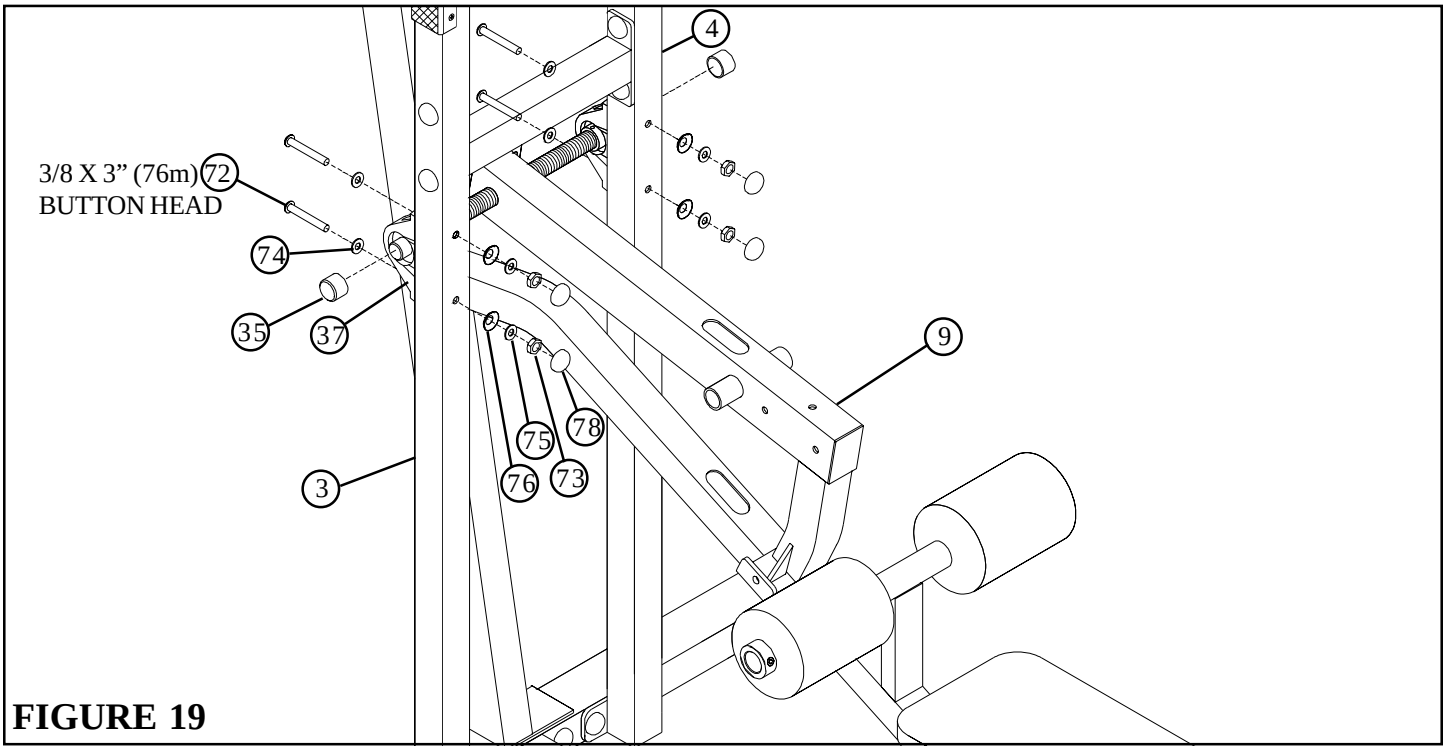
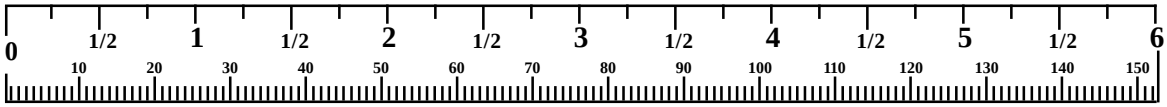
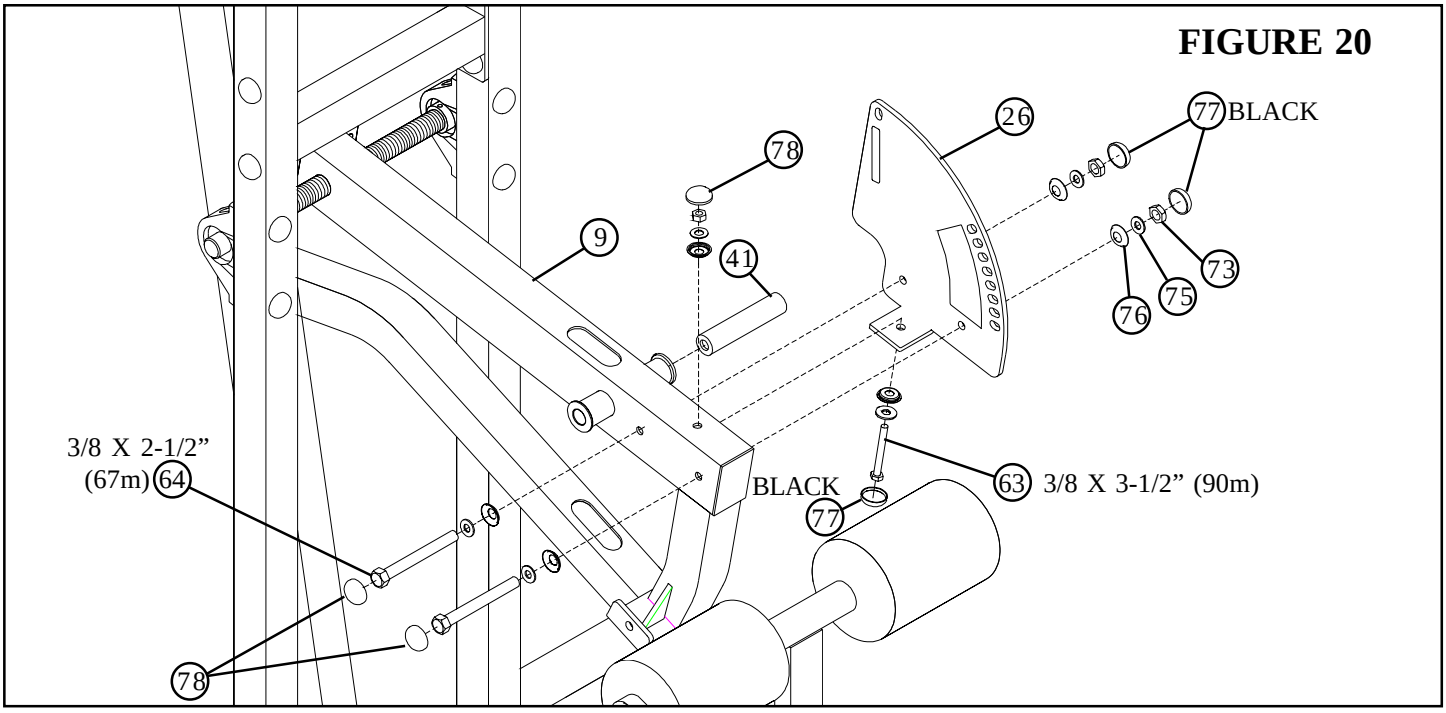


FIGURE 19

STEP 19:

- **SECURELY** assemble the PILLOW BLOCKS (37) on the PIVOT ARM (9) to the LEFT and RIGHT BOOM SUPPORTS (3 & 4) using four 3/8 X 3” BUTTON HEAD BOLTS (72), four BLACK 3/8” SAE WASHERS (74), four RH WASHERS (76), four 3/8” SAE WASHERS (75), four 3/8” LOW HEIGHT LOCK NUTS (73) and four RH CAPS (78) as shown in FIGURE 19.
- **IMPORTANT!** When PIVOT ARM (9) is centered and level in the PILLOW BLOCKS (37), tighten the PILLOW BLOCK set screws.
- Slide two 1-3/8” OD COVER CAPS (35) over the ends of the shaft on the PIVOT ARM (9) as shown in FIGURE 19.





STEP 20:

- **SECURELY** assemble the PRESS ADJUST PLATE (26) to the PIVOT ARM (9) using three BLACK RH CAPS (77),three RH CAPS (78), two 3/8 X 2-1/2" BOLTS (64), one 3/8 X 3-1/2" BOLT (63), six 3/8" SAE WASHERS (75), six 3/8" RH WASHERS (76) and three 3/8" LOW HEIGHT LOCK NUTS (73) as shown in FIGURE 20.
- Insert one 5-1/2" TAPPED PIVOT SHAFT (41) into the PIVOT ARM (9).

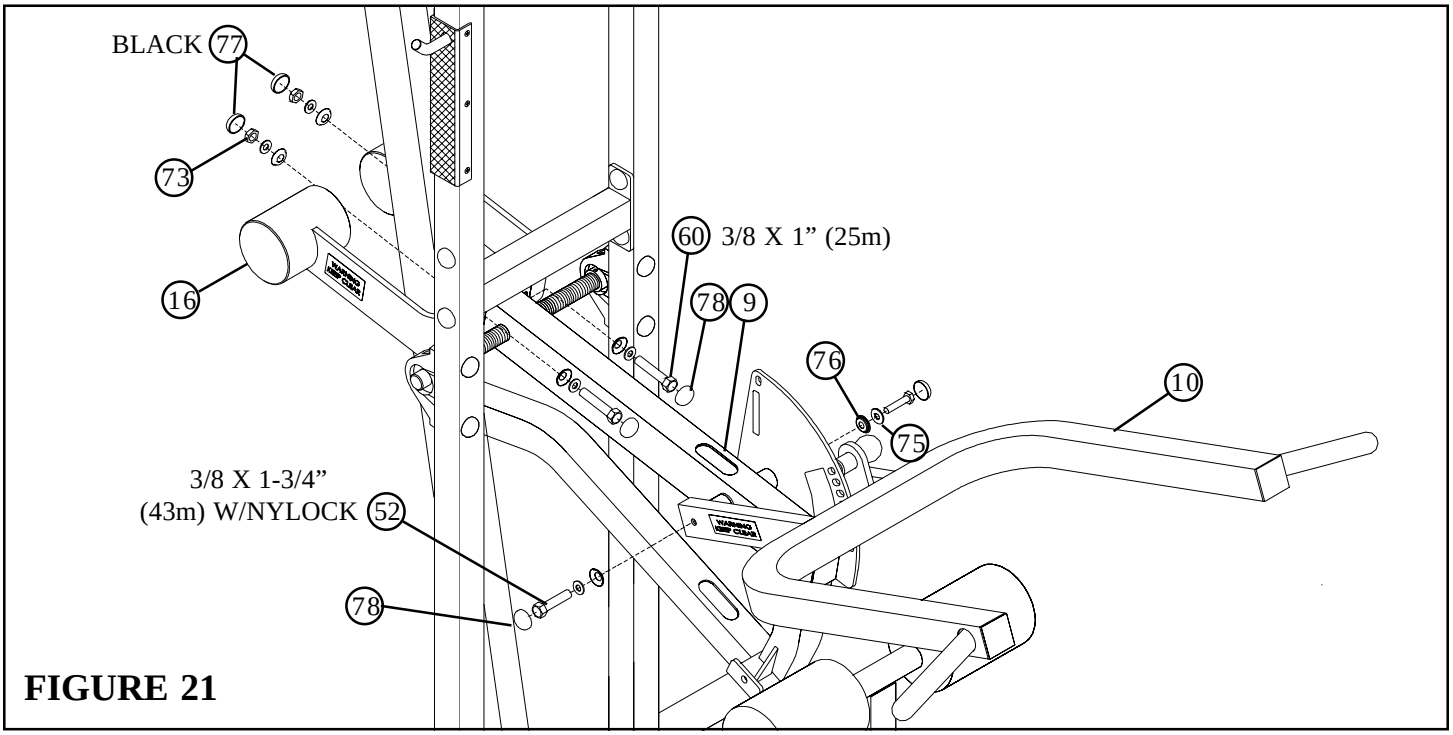
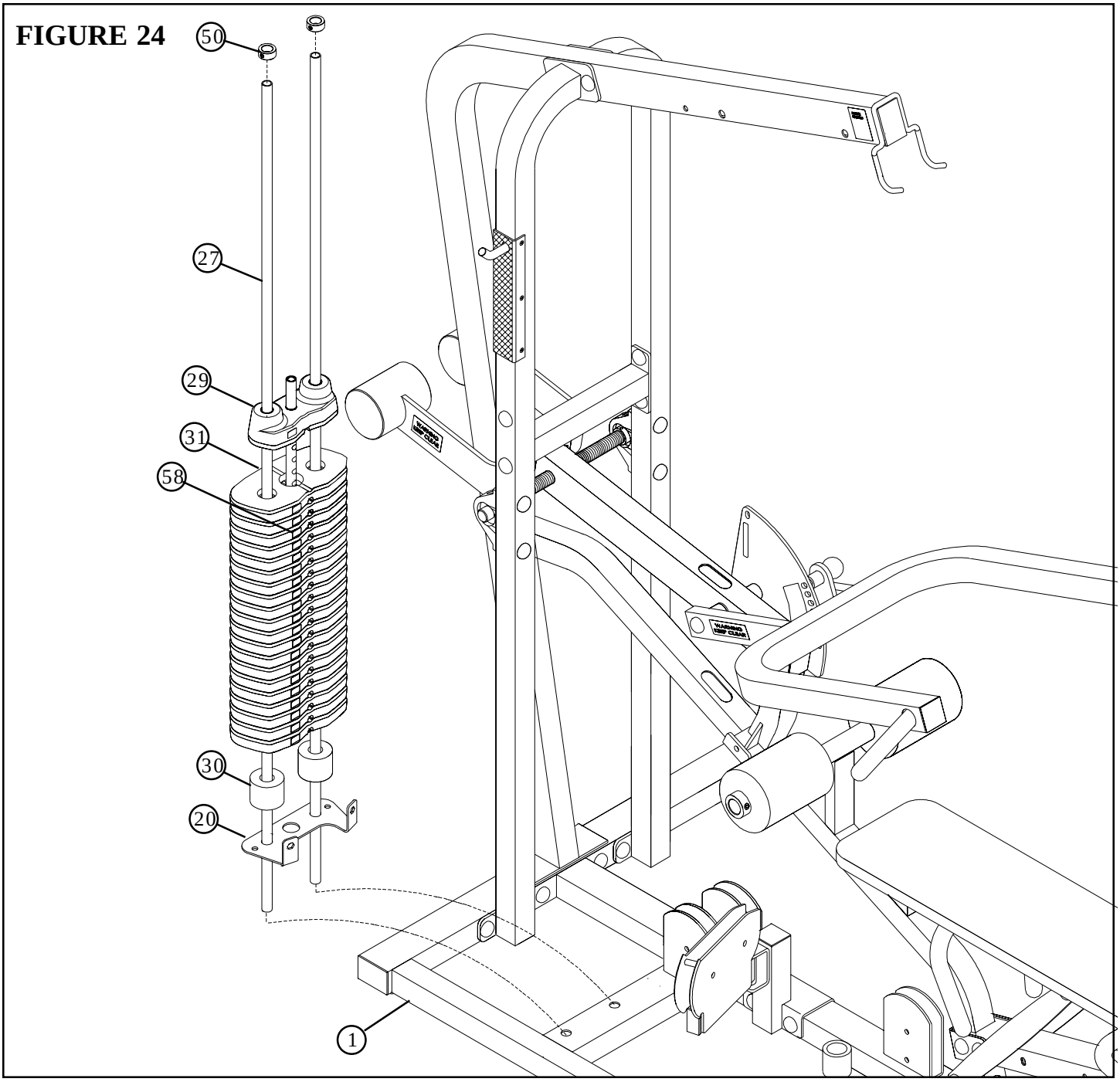


FIGURE 21

STEP 21:

- **SECURELY** assemble the PRESS ARM (10) to the PIVOT ARM (9) using two RH CAPS (78), two 3/8 X 1-3/4" BOLTS W/ NYLOCK (52), two 3/8" SAE WASHERS (75) and two 3/8" RH WASHERS (76) as shown in FIGURE 21.
- **SECURELY** assemble the COUNTERBALANCE (16) to the PIVOT ARM (9) using two RH CAPS (78),two BLACK RH CAPS (77), two 3/8 X 1" BOLTS (60), four 3/8" SAE WASHERS (75), four 3/8" RH WASHERS (76) and two 3/8" LOW HEIGHT LOCK NUTS (73) as shown in FIGURE 21.

FIGURE 24



STEP 24:

- Insert two GUIDE RODS (27) through the BOTTOM SHROUD BRACKET (20) and into the BASE (1) as shown on FIGURE 24.
- **(NOTE: Lubricate GUIDE RODS (27) with silicon or teflon spray available at most hardware stores.)**
- Slide two 3/4 X 2" WEIGHT STACK CUSHIONS (30) down over the GUIDE RODS (27) as shown in FIGURE 24.
- Using **EXTREME CARE** slide all twenty WEIGHT PLATES (31) down over the GUIDE RODS (27) on to the 3/4 X 2" WEIGHT STACK CUSHIONS (30). Make sure that the WEIGHT PLATES (31) are all facing as shown.
- Slide the HEAD PLATE ASSY (29) down over the GUIDE RODS (27) onto the weight stack.
- Slide two 13/16" SHAFT COLLARS (50) over the GUIDE RODS (27) as shown in FIGURE 7.
- Apply WEIGHT STACK LABELS (58) to WEIGHT PLATES (31) and HEAD PLATE (29) as shown in FIGURE 24. Begin with first number on at the HEAD PLATE (29) with larger numbers in consecutive order towards bottom of weight stack.

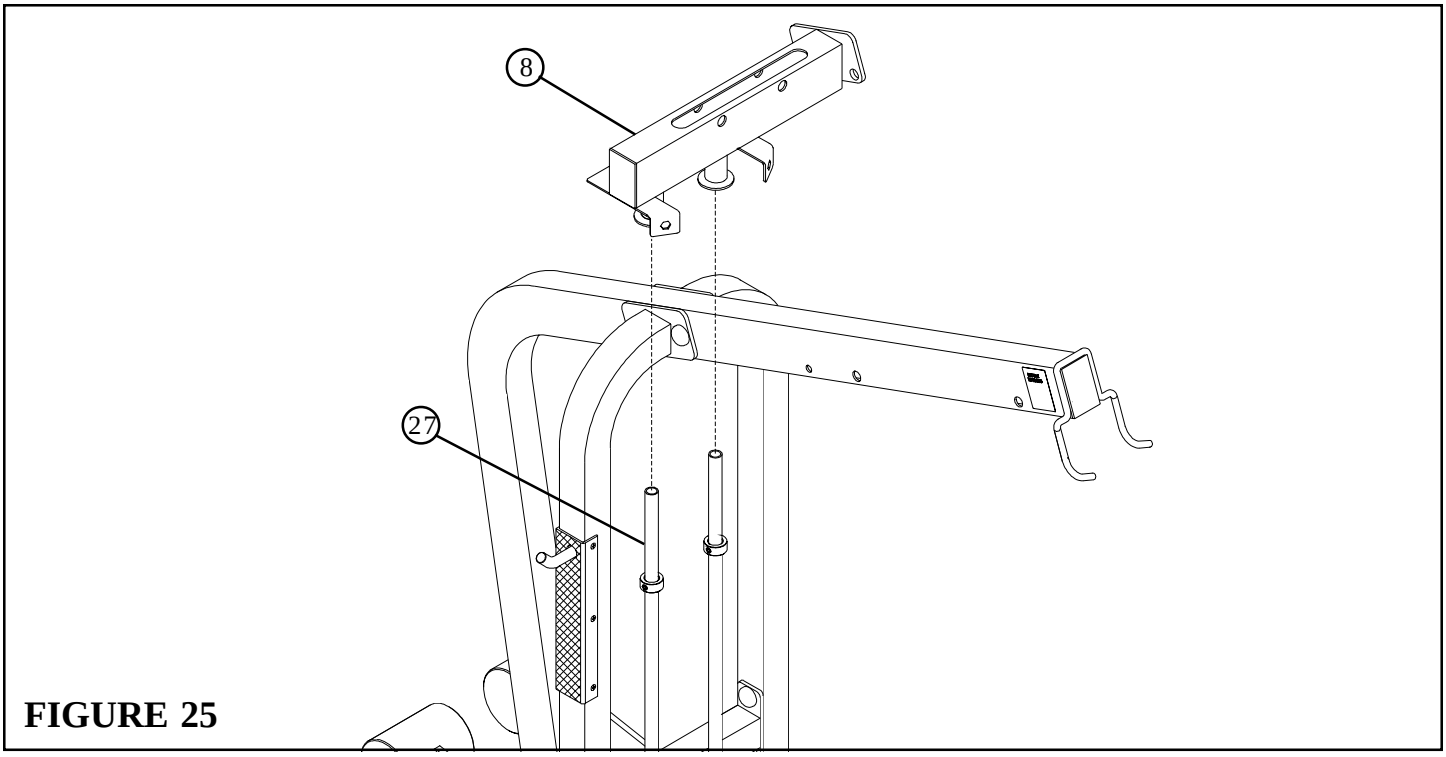


FIGURE 25

STEP 25:

- **CAREFULLY** assemble the STACK BOOM (8) over the GUIDE RODS (27) as shown in FIGURE 25.

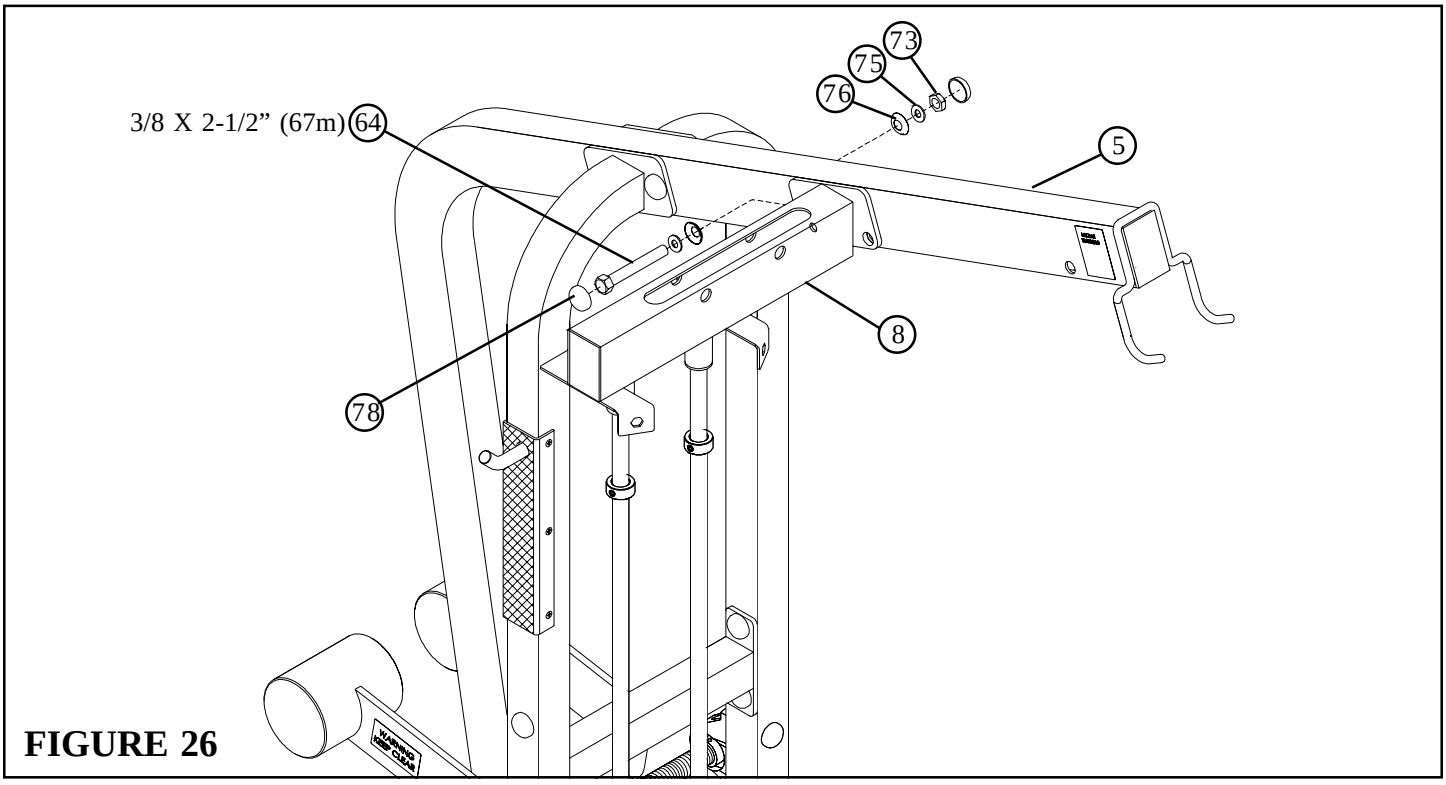
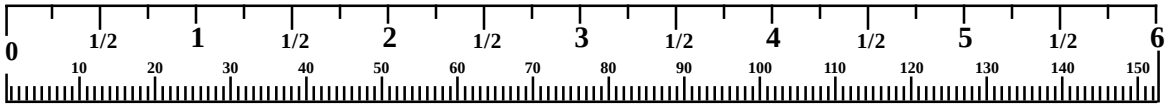


FIGURE 26

STEP 26:

- **LOOSELY** assemble the STACK BOOM (8) to the REAR UPRIGHT (5) using two RH CAPS (78), one 3/8 X 2-1/2" BOLT (64), two 3/8" SAE WASHERS (75), two 3/8" RH WASHERS (76) and one 3/8" LOW HEIGHT LOCK NUT (73) as shown in FIGURE 26.



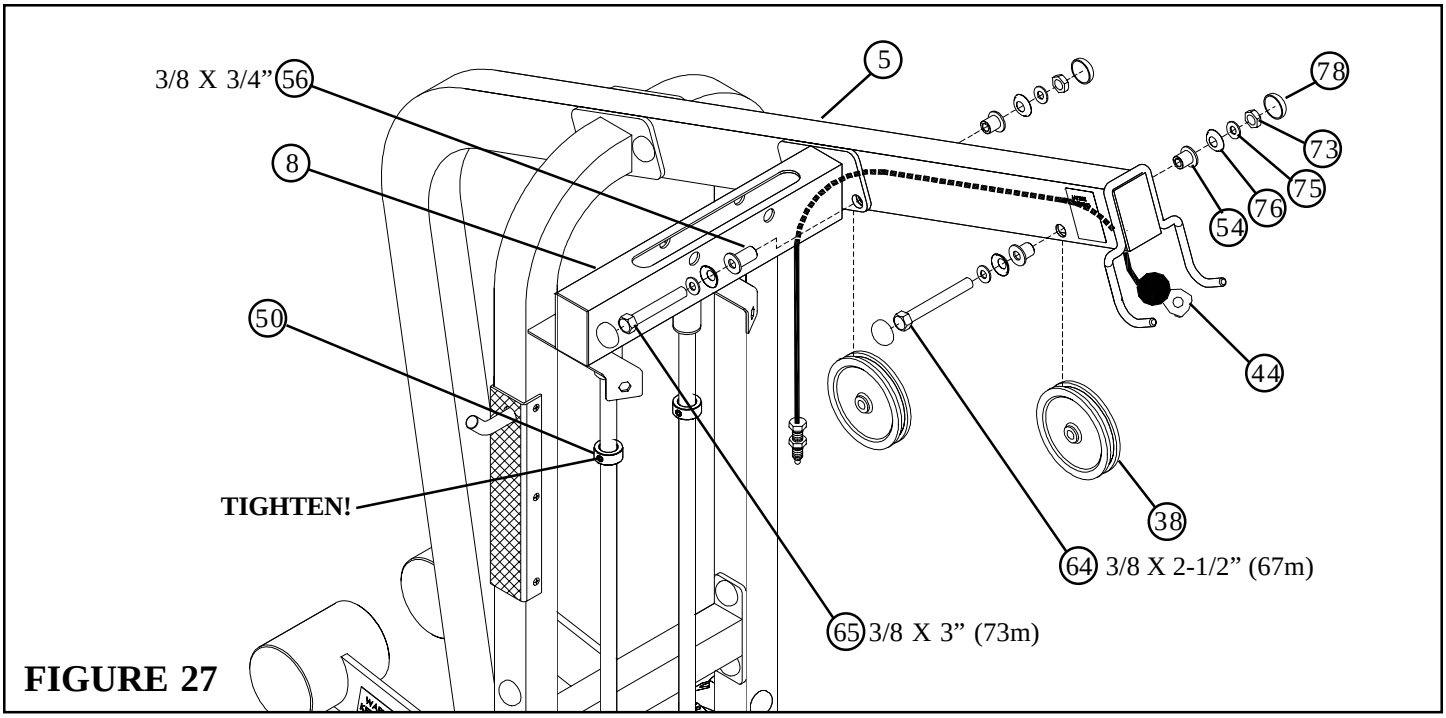


FIGURE 27

STEP 27:

- Route the LAT CABLE (44) through the REAR UPRIGHT (5). Then assemble two 4-1/2" PULLEYS (38) and asssemble the PULLEYS to the REAR UPRIGHT (5) using four RH CAPS (78), one 3/8 X 2-1/2" BOLT (64), one 3/8 X 3" BOLT (65), four 3/8" SAE WASHERS (75), four 3/8" RH WASHERS (76), three 3/8 X 1/2" FLANGE SPACERS (54), one 3/8 X 3/4" FLANGE SPACER (56) and two 3/8" LOW HEIGHT LOCK NUTS (73) as shown in FIGURE 27. **(NOTE: Make sure CABLE is in groove of PULLEY before tightening BOLTS.)**
- **SECURELY** tighten STACK BOOM (8) to the REAR UPRIGHT (5) as shown in FIGURE 27.
- Slide the two 13/16" SHAFT COLLARS (50) to the top of the STACK BOOM (8) and **SECURELY** tighten the SHAFT COLLAR (50) set screws.

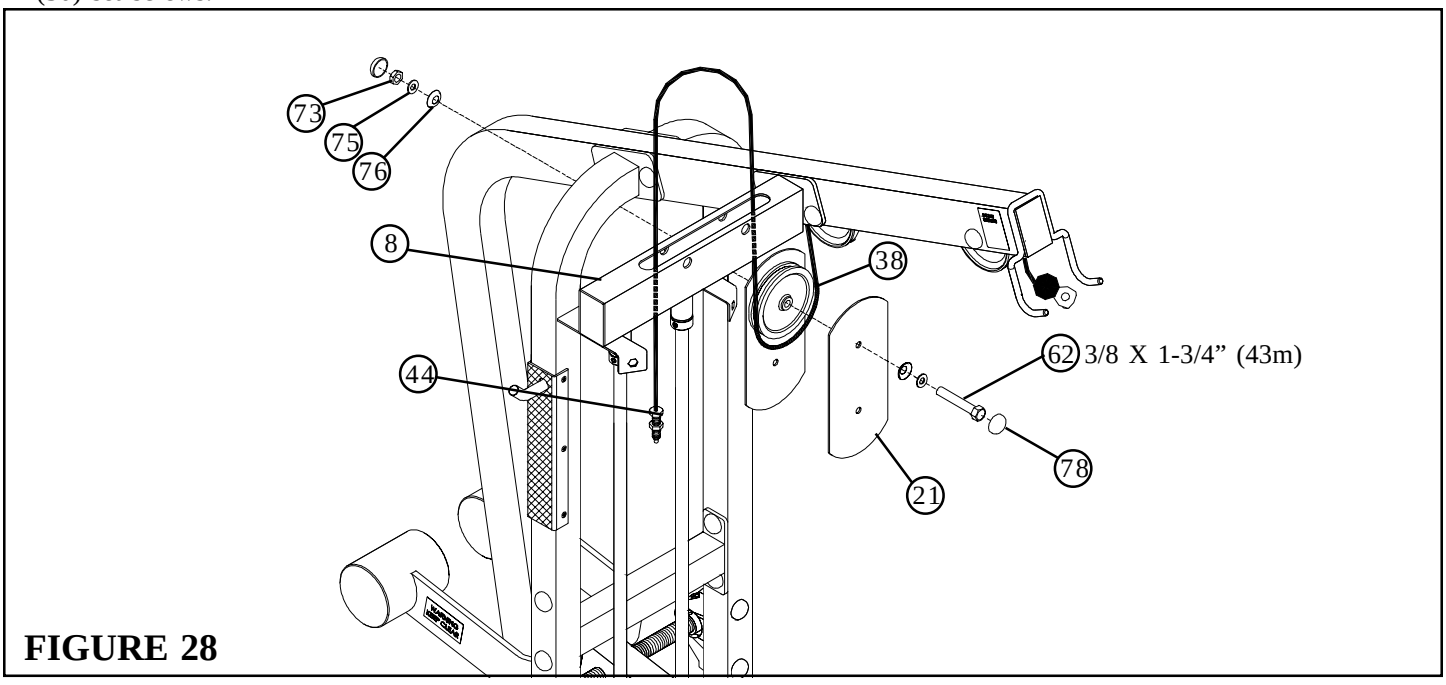


FIGURE 28

STEP 28:

- Route the LAT CABLE (44) around one 4-1/2" PULLEY (38) and up thru the STACK BOOM (8).Assemble the PULLEY to two DUAL PULLEY PLATES (21) using two RH CAPS (78), one 3/8 X 1-3/4" BOLT (62), two 3/8" SAE WASHERS (75), two 3/8" RH WASHERS (76) and one 3/8" LOW HEIGHT LOCK NUT (73) as shown in FIGURE 28.

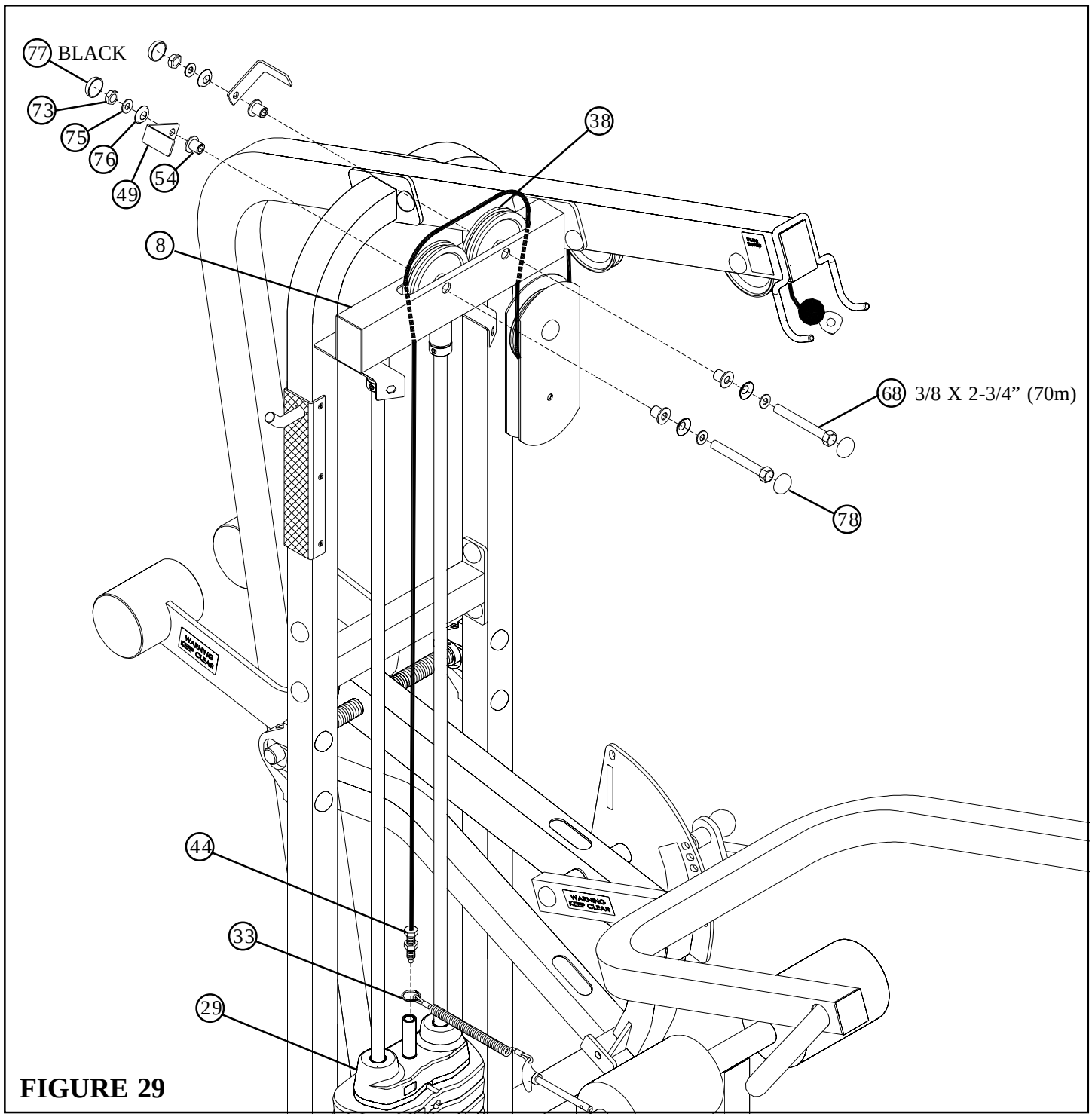


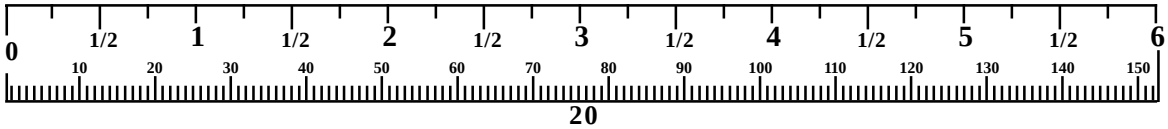
FIGURE 29

STEP 29:

- **SECURELY** assemble two 4-1/2" PULLEYS (38) to the BOOM (8) using two BLACK RH CAPS (77), two RH CAPS (78), two 3/8 X 2-3/4" BOLTS (68), four 3/8" SAE WASHERS (75), four 3/8" RH WASHERS (76), four 3/8 X 1/2" FLANGE SPACERS (54), two 2-7/8 X 2-1/4" CABLE CLIPS (49) and two 3/8" LOW HEIGHT LOCK NUTS (73) as shown in FIGURE 29.

- Slide one WEIGHT STACK PIN (33) over the STEM on the HEAD PLATE (29) as shown in FIGURE 29.

- Screw the threaded end of the LAT CABLE (44) all the way onto the end of the STEM on the HEAD PLATE (29) and tighten jam nut securely. See FIGURE 29.



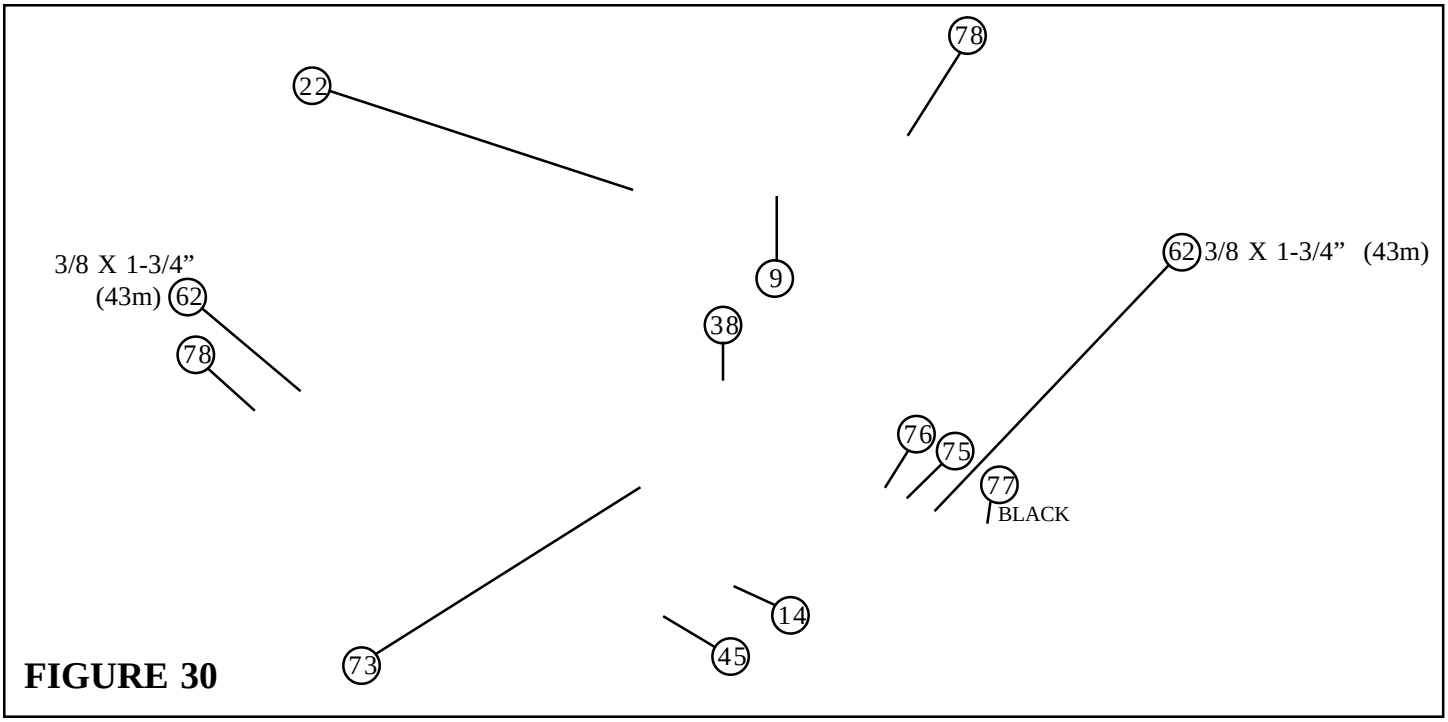


FIGURE 30

STEP 30:

- Route the LEG CABLE (45) through the SWIVEL (14) and assemble two 4-1/2" PULLEYS (38) to the SWIVEL (14) using four BLACK RH CAPS (77), two 3/8 X 1-3/4" BOLTS (62), four 3/8" SAE WASHERS (75), four 3/8" RH WASHERS (76) and two 3/8" LOW HEIGHT LOCK NUTS (73) as shown in FIGURE 30.
- Route the LEG CABLE (45) around one 4-1/2" PULLEY (38) and assemble the PULLEY (38) and the PULLEY GUARD (22)to the PIVOT ARM (9) using two RH CAPS (78), one 3/8 X 1-3/4" BOLT (62), two 3/8" SAE WASHERS (75), two 3/8" RH WASHERS (76) and one 3/8" LOW HEIGHT LOCK NUT (73) as shown in FIGURE 30.

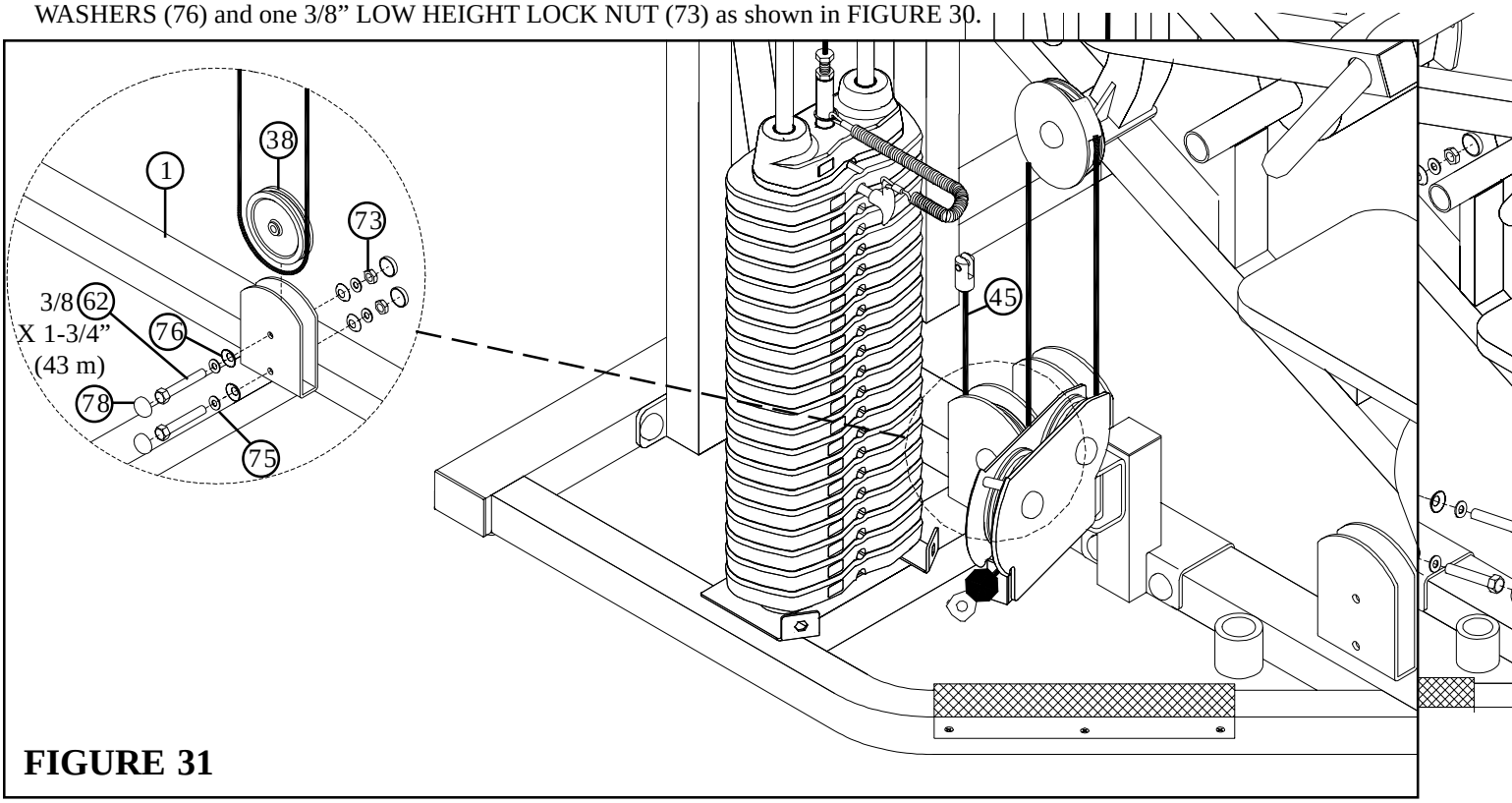


FIGURE 31

STEP 31:

- Route the LEG CABLE (45) around a 4-1/2" PULLEY (38) and assemble it to the bracket on the BASE (1) using four RH CAPS (78), two 3/8 X 1-3/4" BOLTS (62), four 3/8" SAE WASHERS (75), four 3/8" RH WASHERS (76) and two 3/8" LOW HEIGHT LOCK NUTS (73) as shown in FIGURE 31.

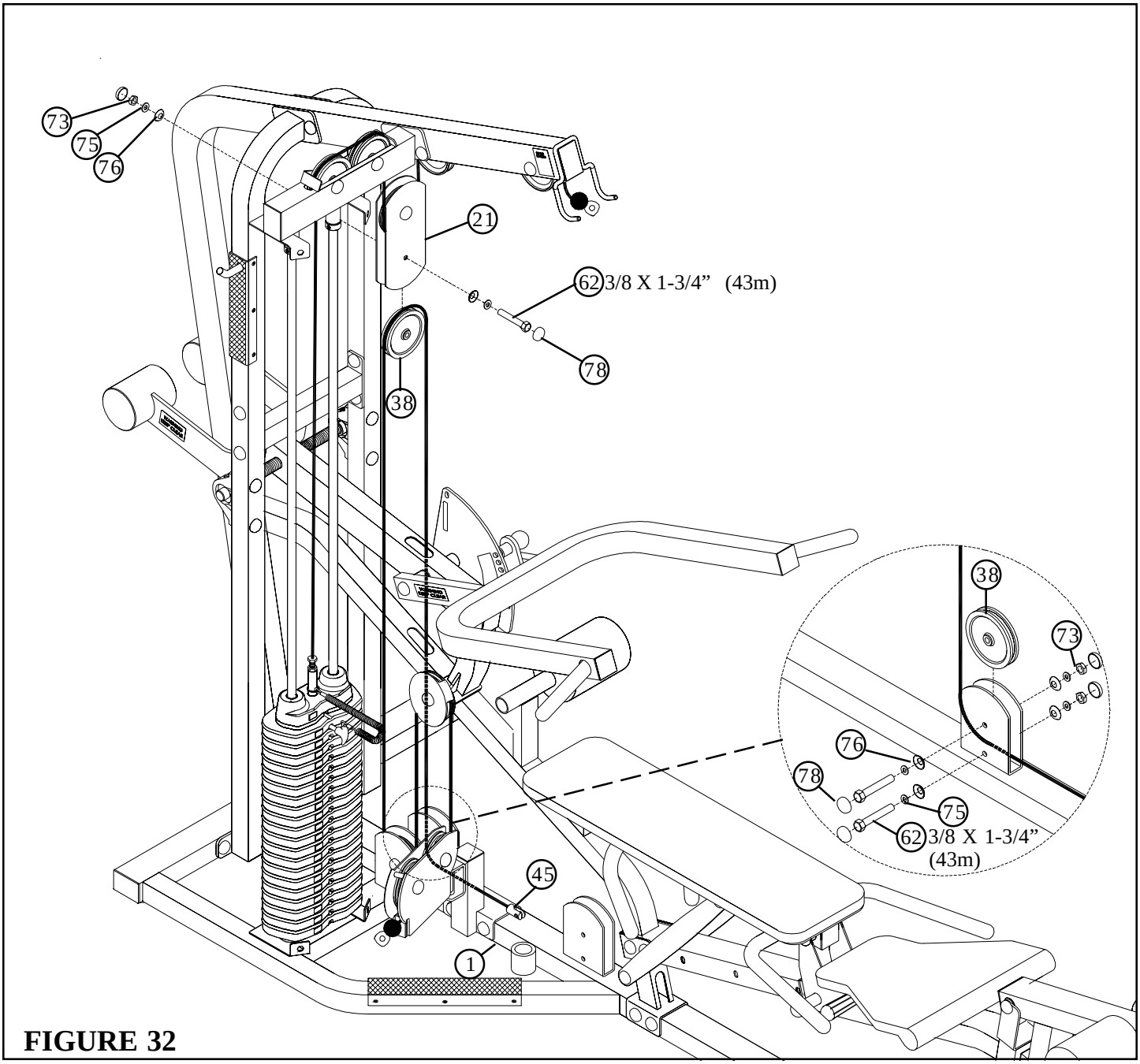


FIGURE 32

STEP 32:

- Route the LEG CABLE (45) around one 4-1/2" PULLEY (38) and assemble the PULLEY (38) to the lower holes of the two DUAL PULLEY PLATES (21) using two RH CAPS (78), one 3/8 X 1-3/4" BOLT (62), two 3/8" SAE WASHERS (75), two 3/8" RH WASHERS (76) and one 3/8" LOW HEIGHT LOCK NUT (73) as shown in FIGURE 32.

- Route the LEG CABLE (45) around a 4-1/2" PULLEY (38) and assemble it to the bracket on the BASE (1) using four RH CAPS (78), two 3/8 X 1-3/4" BOLTS (62), four 3/8" SAE WASHERS (75), four 3/8" RH WASHERS (76) and two 3/8" LOW HEIGHT LOCK NUTS (73) as shown in FIGURE 32.

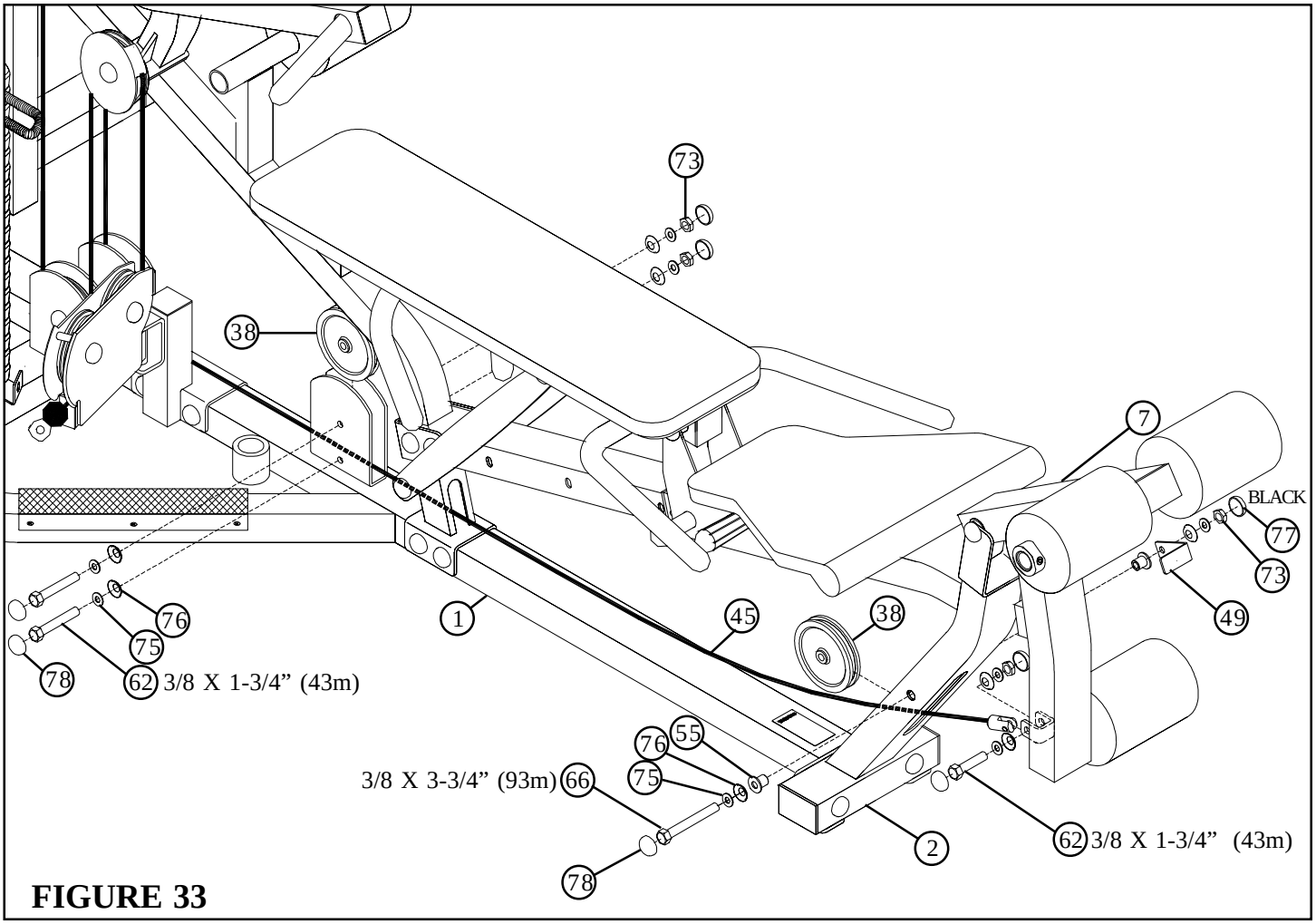


FIGURE 33

STEP 33:

- Route the LEG CABLE (45) through the bracket on the BASE (1) and assemble one 4-1/2" PULLEY (38) to the bracket on the BASE (1) using four RH CAPS (78), two 3/8 X 1-3/4" BOLTS (62), four 3/8" SAE WASHERS (75), four 3/8" RH WASHERS (76) and two 3/8" LOW HEIGHT LOCK NUTS (73) as shown in FIGURE 33.
- Route the LEG CABLE (45) through the BENCH FRAME (2) and assemble one 4-1/2" PULLEY (38) to the BENCH RAME (2) using one RH CAP (78), one BLACK RH CAP (77), one 3/8 X 3-3/4" BOLT (66), two 3/8 X 1"FLANGE SPACERS (55), two 3/8" SAE WASHERS (75), two 3/8" RH WASHERS (76), one CABLE CLIP (49) and one 3/8" LOW HEIGHT LOCK NUT (73) as shown in FIGURE 33.
- Assemble the swivel end of LEG CABLE (45) to the PEDESTAL (7) using two RH CAPS (78), one 3/8 X 1-3/4" BOLT (62), two 3/8" SAE WASHERS (75), two 3/8" RH WASHERS (76), and one 3/8" LOW HEIGHT LOCK NUT (73). See FIGURE 33.

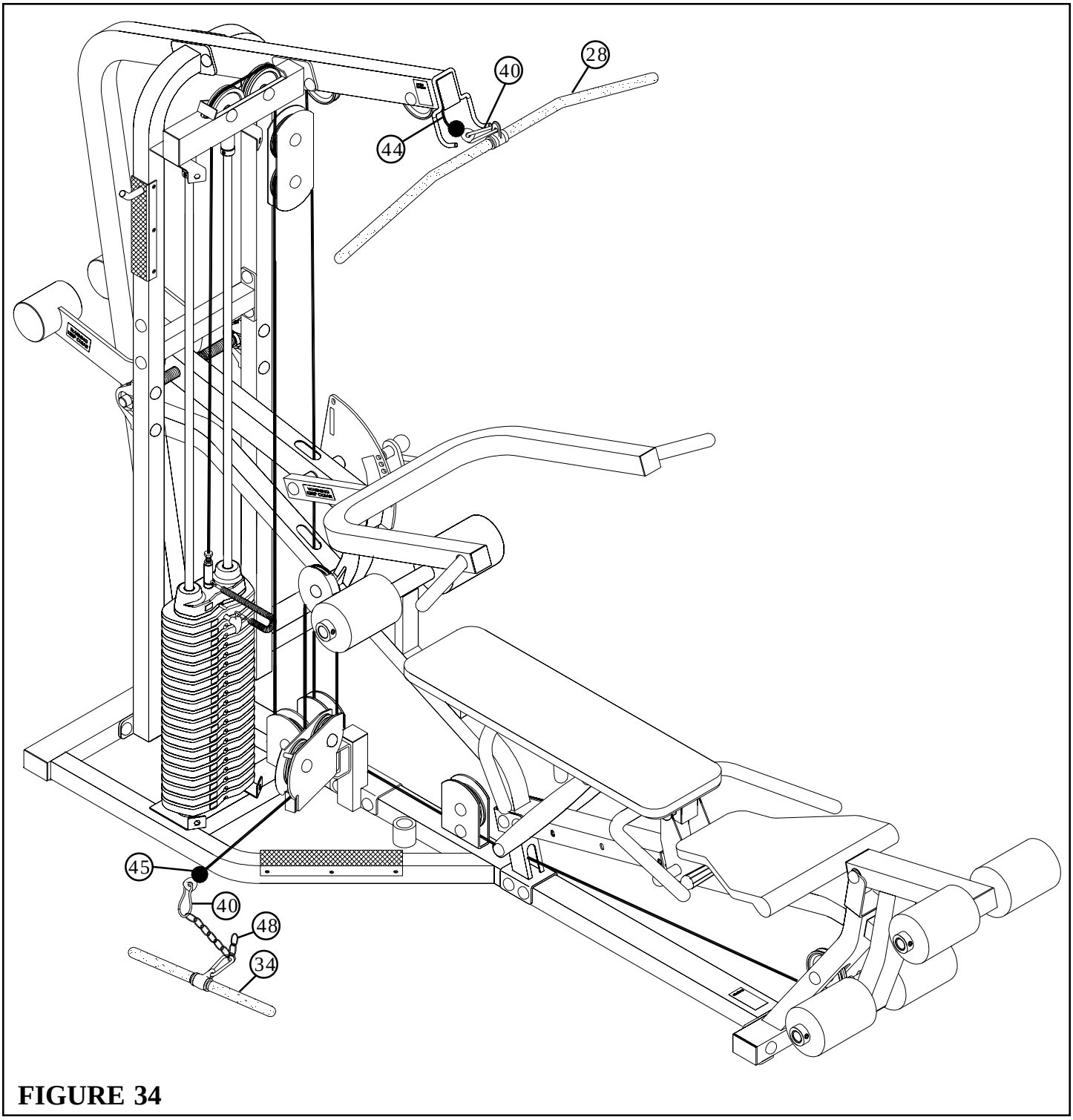
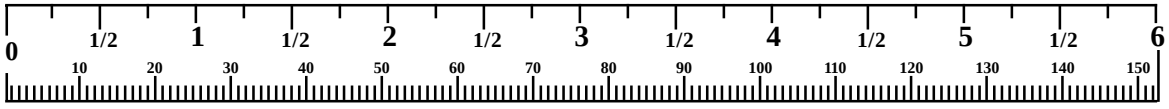


FIGURE 34

STEP 34:

- Assemble the LOW ROW BAR (34) to the LEG CABLE (45) using two SNAP LINKS (40) and one 12-LINK CHAIN (48) as shown in FIGURE 34.
- Assemble the LAT BAR (28) to the LAT CABLE(44) using one SNAP LINK (40) as shown in FIGURE 34.



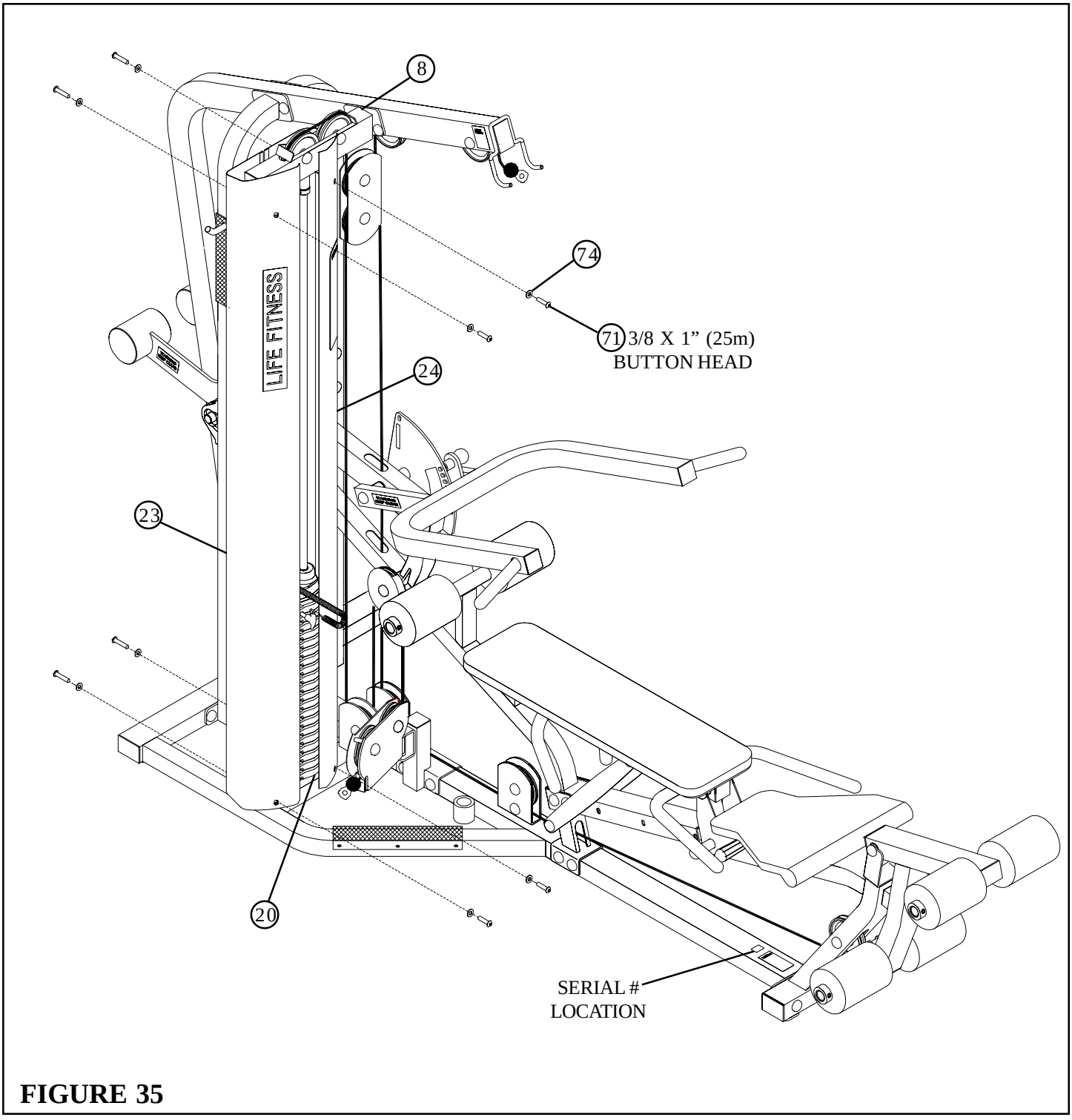


FIGURE 35

STEP 35:

- **SECURELY** assemble the LEFT and RIGHT SHROUDS (23 & 24) to the STACK BOOM (8) and BOTTOM SHROUD BRACKET (20) using eight 3/8 X 1" BUTTON HEAD BOLTS (71) and eight 3/8" BLACK SAE WASHERS (74) as shown in FIGURE 35.
- Adjustments can be made in the above locations to set the correct amount of tension in the cables.
- If upon completion of assembly, the HEAD PLATE (29) does not sit on top of the first WEIGHT PLATE (31), push the HEAD PLATE (29) down, insert the WEIGHT STACK PIN (33) and perform several repetitions. This will relax the cable system and prevent the HEAD PLATE (29) from lifting up. See FIGURE 35.
- For maximum performance, the HEAD PLATE (29) should just barely sit on the top WEIGHT PLATE (31).

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURUAL FRAME
1 YEAR	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your LifeFitness customer service representative at (800) 351-3737

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

Thank you for purchasing the LifeFitness CLUB SERIES FIT-1. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.